Dr. Antony Theodore()

God bless you all my friends poets.
'your Plans Are Better Than My Dream'

Why wish upon a star
When you can pray
to the one who created it.

God, renew my joy at this moment
so that I do not miss your presence.

Lord, if I lose my hope today
Remind me 'your plans are better than my dream'.

Graphic: Prayer partner Pinterest)

Dr. Antony Theodore
'you Duped Me, O Lord'

'You duped me, O Lord'
Jeremiah shouted in the desert.

Jeremiah most tender and loving
cries out against God.

'You have cheated me.
Everyone mocks me.
I am an object of laughter.
You are too strong for me
And you always triumph'.

'I want to go away from God
I don't want to be a prophet.
I will not speak in God's name anymore'.

- - -

Love of God is like a burning fire.
Burning in the heart
and imprisoned in the bones.

O God, you are my God
whom my soul seeks.

For you my flesh pines
and my soul thirsts.

(context of this poem: Reference: Jeremiah 20: 1-9Holy Bible.
Jeremiah the Prophet of the Old Testament in Bible prophesied as he was inspired by God.

But he was imprisoned and suffered a lot. Then he cries loud against God at first but comes to God again in love.

Jeremiah and Pashhur
"When the priest Pashhur son of Immer, the official in charge of the temple of the LORD, heard Jeremiah prophesying these things, he had Jeremiah the prophet beaten and put in the stocks at the Upper Gate of Benjamin at the
LORD's temple.

Dedication implies sacrifice. Married people may think of their mutual commitment in love; children and parents, if committed to mutual happiness in the family, may think of their daily living under one roof. Love means giving of self. Self giving is a source of happiness.

Dr. Antony Theodore
„Let Him kiss me with The kisses of His mouth;“.  
Bride speaks these words in the Song of Solomon in The Holy Bible.  
It is the soul thirsting for God. She who asks this is held by the bond of love.  
Of all the sentiments of nature, this of love is the most excellent, especially when it is rendered back to Him who is the principle and fountain of it. That is God.  
Nor are there found any expressions equally sweet to signify the mutual affection between God and the soul as those of Bridegroom and Bride.  

They have one inheritance, one dwelling place, one table, and they are in fact one flesh. So it is not unfitting that the name of the Bride is given to a soul which loves.  

Dr. Antony Theodore
A Belief Without Pride And Prejudices

I believe in a God who gives me a future.
God will lead the human kind and the history of man
and the life of each and every one.
The whole universe shall be lead to a good end.

I believe in Jesus Christ
who will come at the end of the times
to bring to fulfillment the whole creation
and lead the whole creation to God.

I believe in the Holy Spirit,
the joy, the love, and hope
and the expectations in our hearts
will be brought to fullness.

I believe in the communion of saints
and the big family of the children of God
in heaven and on earth,
which is one in faith,
in the hope and in love.

I believe that one day we all will be united
in spite of our difference in religious faiths
as one humanity as the living children of God,
without, color, creed and racial differences.

That is the presence of God
which I hope for and pray
that we will be united
without pride and prejudices.
Amen.

Dr. Antony Theodore
A Bomb Of Love

Perhaps we are not yet ready
to make a bomb of love,
a device powerful enough
to entirely destroy the hate,
selfishness and greed
that devastate the planet.

After the failure of humanity
in the use and control of the other forces
of the universe that has turned against us,
it is urgent that we nourish ourselves
with another kind of energy that heals.

Love and love alone will save us.

Dr. Antony Theodore
A Definite And Personal Relationship

In a mystical experience, the self is captured in a sense of awe and rapture rather than in a sense of intimate affection.

The self must slowly pass beyond the stage of metaphysical rapture or fluid splendour, and crystallize into a definite concept, a definite and personal relation set up between the self and the Absolute life.

(A Convert's Journey with the 'Rapture' - Shaun McAfee)

Dr. Antony Theodore
A Fateful Day - Poem By Karunanidhy Shanmugam Tr.
Of I Am Your Baby Mum

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??????, ???????!
Dr. Antony Theodore
A Friend Had A Dream

A friend had a dream.
We were building a home
with sturdy shelves
for the things we loved.

She counted the shelves
But could not remember
the numbers in her head.

She went over and counted
the shelves by touching each one.

It is a mystery as she touched
the shelves kept multiplying.
Her touch made more shelves possible.

To count with our hearts
brings us deeper than all counting.

When we touch and feel it inside
the numbers give way to notes
and sums give way to a song in the heart.

Did you ever feel that when you touch
and give the sense and feel and comfort
of touch to others, angels smile in you?

Dr. Antony Theodore
A Heart Full Of Thanks

A heart full of thanks
To you O my God
For my body and soul
Eyes and ears
All the members of my body
Intellect and my senses
Dress, my shoes
Food and drink
For all the friends around me
And for a roof above my head.
Thank you God.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
A High State Of Attainment

It is a high state of attainment
to be inspired.

It is expanded consciousness.
It is a peak experience.

In the ecstasy of music making
falling in intense passion,
experiencing a victory
or atop the Mount Everest,
all inspired experiences
lead one to such
expanded consciousness.

The conscious mind receives
a supercharged burst
from the unconscious.

Such experiences
influence one, a lifetime.

Dr. Antony Theodore
A Journey That Satisfies The Inward Longings.

There is a journey that would satisfy one’s inward longings.

It is only when we plunge
into the depths of one's own being
that we begin to find the sources
to pull the life together.

The seeker begins to filter
all his varied experiences
through his new perspective
that he gains from the Holy Scripture.

The sense of lostness
in the evolving massive technocracy
will provide the backdrop for the truth
he would discover in the new
aloneness of being with God.

It is an onward journey
which the seeker cannot resist,
a journey in search of the one
for whom his heart thirsts for.

(Graphic: beauty..Pinterest Genovamaaa's collections)

Dr. Antony Theodore
A Little Flame On The Holy Altar.

I am a small little flame
on the holy altar
shining and burning for my God.

I began my life here.
I will end my life here
on this holy altar.

More than that
I do not want.
I am fully satisfied
with my short life.

Dr. Antony Theodore
A Medical Doctor Gives A Detailed Description Of What Happens When Someone Is Crucified:

And they crucified Him.
-The Holy Gospel according to -Mark 15: 24

"The cross is placed on the ground and the exhausted man is quickly thrown backward with his shoulders again the wood. The legionnaire feels for the depression at the front of the wrist. He drives a heavy, square wrought-iron nail through the wrist and deep into the wood. Quickly he moves to the other side and repeats the action, being careful not to pull the arms too tightly, but to allow some flex and movement. The cross is then lifted into place.

"The left foot is pressed backward against the right foot, and with both feet extended, toes down, a nail is driven through the arch of each, leaving the knees flexed. The victim is now crucified. As he slowly sags down with more weight on the nails in the wrists, excruciating, fiery pain shoots along the fingers and up the arms to explode in the brain- the nails in the wrists are putting pressure on the median nerves. As he pushes himself upward to avoid the stretching torment, he places the full weight on the nail through his feet. Again he feels the searing agony of the nail tearing through the nerves between the bones of his feet.

"As the arms fatigue, cramps sweep through the muscles, knotting them in deep, relentless, throbbing pain. With these cramps comes the inability to push himself upward to breathe. Air can be drawn into the lungs but not exhaled. He fights to raise himself in order to get even one small breath. Finally, carbon dioxide builds up in the lungs and in the bloodstream. Spasmodically he is able to push himself upward to exhale and bring in life-giving oxygen.

"Hours of this...pain, cycles of twisting, joint-rending cramps, intermittent partial asphyxiation, searing pain as tissue is torn from his lacerated back as he moves up and down against the rough timber. Then another agony begins: a deep, crushing pain deep in the chest as the pericardium slowly fills with serum and begins to compress the heart.

It is now almost over- the loss of tissue fluids has reached a critical level- the compressed heart is struggling to pump heavy, thick, sluggish blood into the tissues- the tortured lungs are making a frantic effort to gasp in small gulps of air. He can feel the chill of death creeping through his tissues...finally he can allow his body to die."
(Graphic: the passion of the christ Pinterest | XIV. JESUS IS LAID IN THE TOMB)

Dr. Antony Theodore
A Mystic Should Search For Anonymity.

Do not allow one 's life to be shattered.  
The silence is to be prized so highly.

A monk desires to be unknown.

A monk is supposed to seek anonymity  
that he might be known by God alone.

There is an ongoing conflict in the seeker.

The seeker lives here on earth  
for the ' pearl of great price'  
(in biblical terms) .

Contemplation will be denied  
to a man in proportion  
as he belongs to the world.

The expression 'the world' signifies  
those who love the things of this world.  
They cannot receive the Spirit of God  
who gifts the seeker, with the love of God.

Two contraries cannot coexist:  
the worldliness and Godliness.  
(Here the monk, the seeker, and the mystic are the same)

Dr. Antony Theodore
A New Consciousness Emerges

In the moment of union of the soul with God, we experience a transformation in our beings as humans and a new consciousness emerges that leads to a rare experience in the depth of our being, which was not known before.

(Graphic: -Thomas-Merton-Quote-To-become-attached-to-the-experience-of-peace)

Dr. Antony Theodore
A Nightingale Feather

I got one day a nightingale feather.
I took it to my bed.
It was a great treasure.
I kept it on my breast.
I slept in harmony.

In the depth of the night
the feather began to sing
the loveliest of songs.
My heart sang with
and i slept in peace.
It was my eternal sleep.

(Graphic: Singing Bird 6. pigeon feather and parakeet feathers: Pinterest)

Dr. Antony Theodore
A Passion For The Absolute.

To make a mystic,
more than the passion
for the Absolute is needed.

These must be combined
with an appropriate
psychological make-up,
with a nature capable
of extraordinary concentration,
an exalted moral emotion,
and a nervous organization
of the artistic type.

Dr. Antony Theodore
A Poet's Art Is A Manifestation

A poet's art is a manifestation of the existential tension between 'what is' and 'what ought to be' or between the false and the true.

A real poet is a mystic and a prophet.

Writing is a source of personal soul-searching to find the meaning.

Artistic experience at its highest is a natural analog of mystical experience.

He is concerned with the organic whole of The Seen and The Unseen.

Dr. Antony Theodore
A Recovery Of Inner Paradise.

A return to the desert,
the peace of a wilderness existence,
is a recovery of inner paradise.

By this transformation, the monk
comes to be moulded into
the image of God.

For him monasticism
is a spiritual baptism
by which his desire to be
with the Spirit of The Almighty
is satisfied to a great extent.

(Symbol of inner paradise..Pinterest. Genovamaaa's collections)

Dr. Antony Theodore
A Representation Of The Manifold In One Image.

Thought produce concepts,
artistic creation produces types.

These embody a heightening
of experience, not in the sense
of an empty idealization,
but in the sense of a representation
of the manifold in one image.

This image acquires
a strong and clear structure.

It makes the confused
experiences of life intelligible
in accordance with their meaning.

Dr. Antony Theodore
A Resentful Spirit Grows Into A Terrible Burden.

Forgiveness is an act of the will more than an act of the heart.

We don't feel like being merciful to someone who has wronged us.

But a resentful spirit grows into a terrible burden.

You won't deal with a sin until you see it as God does. So assume full responsibility for the unforgiving attitude.

Acknowledge that it is a violation of God's command.

Claim the divine mercy He offers. Ask Him to enable you to lay aside anger and resentment.

Pray for those who hurt you.

(Graphic: (Show Me Forgiveness | LEONARD PIERCE DOT)

Dr. Antony Theodore
A Seed Hidden

The spirit of God is like a spring
in the inner world of a human being.
It is like a seed hidden
in the secret ground of being.
The spirit unfolds itself
in the inner core
transforming the being
into a new godly existence.

(Graphic: )

Dr. Antony Theodore
A Simple Prayer Of A Contrite Heart

Purify me, my God.
My life is an open book before you.
Wash me more and more
every night and day.
I cannot hide my sins from you.
Touch and purify my heart.

My offering today shall be
my contrite heart.
You will not cast away a contrite heart.

Do not turn away your face from me.
Wash me in your mercy
and take me to you.

I want to be in your presence
at dawn and dusk.

I like to sit before you
and muse about your wonders.

I delight in your plans for me.
Unawares you come to me to plan for me.

When I know of it
my heart is full of joy.
Who am I God, that you think of me?

I know when I cannot pray in words,
God hears my heart.

Dr. Antony Theodore
A Speck Of Consciousness

You are a speck of consciousness
floating in a vast ocean.

Sit and be still.

Meditate.
At a grace-filled moment,
you will come to this experience.

You are a speck of consciousness
floating in a vast ocean.

Dr. Antony Theodore
A True Poet Is Committed To Truth.

A true poet is a religious artist
determined to give form to his vision.

Both his vision and artistic creation
are the products of the love of God.

The mystic and the artist
are inseparably bound together
in a true religious poet.

Committed to
the passionate search for truth,
it becomes the real obsession of a poet.

Dr. Antony Theodore
A True Poet Is The Successor Of The Prophets.

Artistic discipline
and religious discipline
can complement one another.

Religious ascetics have something
to learn from the natural
asceticism of the artist:
it is unself-conscious, organic,
integrated in his art.

It does not run the risk
of becoming an end in itself.

But the artist also has something
to gain from religious asceticism.

It not only raises him above his subject
and his material but above his art itself.

He can now control everything,
even his art, which usually controls him.

A true poet is the successor of the prophets.

The capacity for mystical experience
is enlarged by the poetic instinct.

Dr. Antony Theodore
Abolishing The 'disguise' Of The Illusionary Self.

The entire monastic ascesis is aimed at the abolition of the 'disguise' of the illusionary self in order to expose the real self.

Self-awareness and self-knowledge, not to be confused with self-obsession and self-centeredness, are the beginnings of the mystical ascent.

God's identity and man's identity are inextricably bound together.

The unmasking of the false self has as its purpose the revealing of the true self.

Graphic:
Find Your TRUE SELF Review Advanced Life Skills)

Dr. Antony Theodore
Acting at the Very Summit of Our Being

Our true greatness
is in the humility
of living faith
and the simpler
and purer
our faith is,
the closer
it brings us to God.

To go out of ourselves
is to act at the very summit
of our being, not moved by
our own nature,
but moved by God
who is at once infinite
and not bound by
by the limitations
of space and time.

Dr. Antony Theodore
Actualizing The Divine Image, Imbedded In You.

Man must confront what is false in himself and open himself to the creative energy at the core of his being.

True freedom is the freedom to be fully human actualizing the divine image which is embedded deep down in his core.

Dr. Antony Theodore
Afire With God

Every common bush here on the earth
is afire with God and the light shines
without burning as in the story of Moses.
But only he who sees it can take off his shoes
and step into the presence of God in nature.

God is robed in light.
God illuminates your whole being.
Learn to see the astonishing light
of your own being.
Every face that is turned towards God
grows brighter every dawn and dusk.

The greatness that we carry is ours
if we choose to let it shine.
Let God's light save us
from the limitations of self.

Dr. Antony Theodore
Allow Me To Live My Life

Allow me to live my life
in this beautiful world.
I want to fly
like a happy butterfly
and live this life in full.

Allow me to dream
and live in my dreams.
I hug my fantasies.

I kiss my roots.
Let me be where I belong to.
I want to be at home
in my own blessed being.

Allow me to embrace my hopes
and dance along
the way of hope with joy.

I hear the inner voice
in moments of silence.

It is the scent of heaven
that comes to my nostrils
when I pray.

Tears stream down
my cheeks
when I sit in God's presence
in venerable adoration.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
Allow Yourselves To Be "In-Spirit."

Inspiration springs forth
when we allow ourselves
to be "in-spirit," aligned
with our true essence.

When you feel truly passionate
and inspired about something,
what frame of mind are you in?

What kind of effort are you
willing to put forth?

You feel motivated to do
whatever it takes,
without fear or doubt,
to turn your vision into reality.

You grow in confidence.
You believe you can do it.
You are committed
from the heart and soul.

Dr. Antony Theodore
Allowing The Consciousness Of The Mystery To Express Itself.

A poet should allow the consciousness of the mystery to express itself by constant purgation and purification.

The creative spirit strives to escape all forms of domination.

One has to differentiate between Irresponsibility and true freedom.

The only valid proof of the artist's creativity is his own original work.

The artist builds his own freedom and forms his own artistic conscience.

Only when the work is done, can he tell whether or not it was done in free artistic conscience.

Dr. Antony Theodore
Almighty Intellect Is In You.

Happiness is a conscious choice.

Be simple.
Be humble.
Kill your ego.
Just enjoy the simple things in life.
You are then happy.

Have a good relationship with the Almighty Intellect which remains in you and is present in every single little thing in the universe.

(Dreams Interpretation - Happiness)

Dr. Antony Theodore
Almighty Thou

The presence of the white moon
And the white fire,
the fragrance of the blossoms
falling down like white feathers,
the emerging gold of the white fire,
the slow dance of those flames:
all that kindled in me
the sharpening presence
of an Almighty Thou.

Dr. Antony Theodore
Aloneness In God

Man can be alone
with the Alone
lost in intimacy.

(Graphic:Here Are 100 Benefits Of Meditation ? SHIFT
Shift
meditating woman..from the collections of Genovamaaa in Photobucket)

Dr. Antony Theodore
Always A Place For A Miracle In Life.

There is always
a place for a miracle
in your life.

Do you believe it?

Put all your heart
in what you do.

Capture the beauty
of every moment
and live fully in joy.

Then you will wonder
at the miracle that 'you' are.

(Graphic: You Are A Miracle Pictures, Photos, Phil Good)

Dr. Antony Theodore
Am I Completely Lovable?

Am I completely lovable?

Bathed in my mother's love
Swaddled in my own innocence
I began my life.

Can I say today:
Am I completely loved?
Am I completely lovable?

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Dr. Antony Theodore
An Experience Without Ambiguity

The mystical experience
need not be a logical formulation
or expressed well symbolically.

There is a conscious awareness of God,
though, ever tenuous and tinged with doubt.

But there is no doubt
in immediate intuition.

It is an experience
that impresses itself
up on us directly
without ambiguity.

(Feature Articles: Musings on Awareness, Part 09- March 2011
Radiosai, PROF. G. VENKATARAMAN)

Dr. Antony Theodore
An Incarnation Of The Genius Of Rhythm.

Poetry uses form to reveal and heighten a segment of human experience that gives meaning to a wider range of experience.

Such an art may be thought of as an incarnation of the genius of rhythm, manifesting the living spirit of things with a clearer beauty and intense power.

Dr. Antony Theodore
There was a quiet man who would pray in the Ganges River every morning. One day he saw a poisonous spider struggling in the water. He cupped his hands and carried it ashore. As he placed the spider on the ground, it stung him.

The strength of his prayer saved him from the poison.

The next day the same thing happened. On the third day again the man saw the spider in the water struggling.

This time the spider asked him: "Why do you save me always from the water. Don't you see that I sting because, that is what I am, that is what I do."

And the kind man cupped his hands and while lifting the spider from the water, said: "Look that is what I do, that is what I am."

There are many reasons to be kind. But nothing is so powerful as to tell oneself: "that is what I am, that is what I do."

Dr. Antony Theodore
An Offering Of Love

When you offer
your sincere love,
then you need not be
afraid of anything.

You draw the energy
of such a love from the
indwelling Spirit of God.

Always ask yourself:
"Am I sincere when I give my love?"

Dr. Antony Theodore
And God Told Me So Am I To You

When I was a baby,
I looked at the breasts of my mother,
Round and lovely,
Full of tasty milk.

I longed to suck the milk of love.
I longed to suck the milk of joy.
I longed to suck the milk of playfulness.
And she hugged to me her lovely breasts.

This was the time I knew what was love.
This was the time I knew motherly care.
This was the time I knew that love is joy.
And God told me so am I to you.

(Graphic: Mother Brestfeeding Photo and dreami stock photo)

Dr. Antony Theodore
And The Moon Smiled

In tiptoeing tiny steps
I came to you
to pluck your soul.

You found me, hugged,
吻了，捏了我的嘴唇。

Then..
plucked your soul to give me
and the moon smiled.

(True love experience is always a mystery.
“The smile of the moon” - the mild golden light of the moon that falls in the
garden on the riverbanks was always mysterious for me).

Dr. Antony Theodore
And The Red Wine Is So Thirsty

He placed
depth red ruby gems
upon my lips.

Tantalizing is my tongue,
senses so seductive.

The candle, lights my face
with flares of gold.

And the red wine
is so thirsty.

Dr. Antony Theodore
Angels Of God, Come

Angels of God,
you are clothed in fire and flame
sharing God's splendour.
Angels of God, you see
the face of the Almighty God.

You give comfort to the poor and the needy
in times of pain and struggle.
You solace their spirits in anguish and loneliness.
You open for the poor the Lord's eternal gates
and comfort the sinners when they tremble.

Come to us, human beings and sing with us
the songs of Glory and praise.

Let the whole creation sing with all of us.

Make known the power and glory
of God the Almighty.

Come and unite all religions and the races.
Let us dance together in front
of the heavenly throne in one voice
united in spirit, in tremendous joy.

Dr. Antony Theodore
Ankit Raj Goyal's Translation Of 'I Am Your Baby Mum'

Translation Of 'I Am Your Baby Mum' By Ankit Raj Goyal

Poem by Dr. Antony Theodore

Poem by Ankit Raj Goyal
This is a translation of the poem I Am Your Baby Mum by Dr. Antony Theodore
Ankit Raj Goyal
Topic(s) of this poem: angels, crime, evil, god, heaven, helplessness, innocence, love, mother and child
Dr. Antony Theodore

Ankit Raj Goyal's Translation Of 'I Am Your Baby Mum'  

Dr. Antony Theodore
Apoem Of Innocence.

Graceful are the angels.
In their flight of love
they spread light and grace.

Love is my wing.
I become an angel without wings
when I spread the aura of love.

When the angel leaps,
when the child smiles,
when my mum caresses me
it is heaven on earth.

Angels live in the heavens.
Angels live on the earth.
They call me on a heavenly ride
on the winged chariot of love.

(Graphic: The Ministry of Angels and the Spirit of Truth | Lightened by His Glory
chariots of fire angels spirits)

Dr. Antony Theodore
Are You Alone My Little Bird

Are you alone my little bird
alone in the vast expanse
of the sky and the sea shore?

May i come to you to hold your hand
and lead you through the peaceful shore
full of mild light leading you to the cave
Of your heart?

There we shall sleep together in love
and in peace, in hugs and in joy.

Beauty shall cover us both
to protect us when we hug in sincere
deep love that angels alone possess.

(Graphic: Donna Blackwell saved to sunsets. Pinterest)

Dr. Antony Theodore
Are You Perfectly Content To Be A Nobody?

Can you be a "nobody"?
Are you perfectly content
to be yourself as you are?

You fear no one.
You don't care a damn
about success of failure.

You don't jump up
when people praise you.
You don't feel defeated
when people talk ill of you.

Honor, disgrace,
they mean nothing to you.

Is it not a wonderful
mental state to be in? ?

Do we now understand
what is Serenity?

Dr. Antony Theodore
Are You Really Free? ? ?

You think that you are free.

But there is not a thought
an emotion, an attitude
and belief in you
that is not coming
from some others.

And you do not know it.

Are you really free? ?

You feel pretty strong
about certain things.
But are you really?

You are a result of
Your conditioning
and programming.

You are not free.

Dr. Antony Theodore
Are You Shy?

Dewdrop
kissed a soft petal.
For a moment the flower shivered.

Dewdrop turned
and asked the flower:
Are you shy?

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
Are You The One For Whom My Soul Burns?

It flew without a sound above me.

I listened unshaken like a stone
to the movements of its wings.

Are you the one for whom my soul burns,
in tempest fire,
in the oil poured out,
in tenderness and desire?

Dr. Antony Theodore
Are Your Eyes Searching For Me?

God, are you looking at me
through the skies
in between the rays of light?

Are you looking at me
to pierce my heart
in the light of your love?

Are you thinking of me
when your light shines
on the flowing waves?

Are your eyes searching for me?

Look! ! ! I am here on this shore
thinking of your never-ending love.

(Graphic: snoupy saved to Tolle Fotos. Beautiful sunset. Pinterest)

Dr. Antony Theodore
Arise And Shine.

Your light is your God.
Arise and shine.
Darkness has no place in you.
God's glory shall shine up on you.

Vow always to be true.
He covers you with his feathers.
Choose to do God's will always.
God heals and delivers.
Be a living testimony for God.

How i long to hear my God say
„You are my beloved. I love you.
You are the child of my heart‟.

(Graphic: Jesus and the Cosmic Principle of the Christ, Part 1/7 - Journey...
Journey with Omraam)

Dr. Antony Theodore
Art Can Spiritualize Man's Consciousness.

Art can form and spiritualize man's consciousness. The poet and mystic have to be willing to be transformed by their own divine work. Every artist, poet, and mystic are inspired divinely.

Artistic and religious disciplines can complement one another.

Religious ascetic has to learn from the natural asceticism of the artist in his core. It is unselfconscious, Organic and integrated with godliness.

Dr. Antony Theodore
Asceticism Has The Power To Attain True Liberty.

Ascetical discipline
must lead to freedom.

By detachment and purity of heart,
if one succeeds to penetrate
the inner secret of the ground
of one's ordinary experience,
he attains a liberty
which nobody can touch,
which nobody can affect.

It is the monastic view of reality.

Necessary is it, and inevitable
are the practices of asceticism
in a spiritual search.

(But there are several other concepts such as abnegation, mortification, penance, self-denial, sacrifice, renunciation and detachment).

Dr. Antony Theodore
Asceticism Of The Celtic Monks.

St. David "the Waterman"; stood for hours in the waters of Alun River Chanting psalms. A naked woman was paraded in front of him to induce him to leave the chill of the river to find warmth, presumably in her arms.

St. Cuthbert, too stood in the frigid waters of the North Sea to say his prayers. Many are the report of the celtic monasteries having only bread, water, and a few vegetables as their normal diet. Extreme asceticism and bodily mortification were an accepted part of the Christian life for the early Irish Peregrini. Their theology was: the Christian's life must be a constant warfare against self-will and gratification of the senses. (This is not a poem. Simply giving notions of people who tried in different ways to achieve the nearness of God).

Dr. Antony Theodore
Asifa Bano, An 8-Year-Old Girl's Gang Rape And Murder

Five days later, Asifa's body was found.

After seeing her body:

"She had been tortured. Her legs were broken," recalled Ms Naseema, who had rushed to the forest along with her husband to see the body.

"Her nails had turned black and there were blue and red marks on her arm and fingers."

Asifa was confined in a local temple for several days and given sedatives that kept her unconscious.

She was raped for days, tortured and then finally murdered.

She was strangled to death and then hit on the head twice with a stone.

Asifa was described as a "chirping bird" who ran like a "deer".

When they traveled, she looked after the herd.

"That made her the darling of the community," she was the centre of our universe.

(I have taken it from the newspapers and from the internet).

My heart cries for her. She is an angel among the purest of angels, in the abode of a God who is beyond all religions.

Dr. Antony Theodore
Ask God for His Blessings

The good God bless,
accompany and protect us all,
from all dangers and care for us.

He gives us love where there is hatred,
strength to forgive the inner wounds.

God gives us power,
where weakness paralyzes.

God gives us tolerance,
where impatience reigns,
and openness, where everything
seems deadlocked.

He will let us fly on the wings of hope
and accompany us
like a ray of light in the night.

Dr. Antony Theodore
Ask Questions And More Questions.

Ask questions and more questions.

A powerful teacher gives
a few simple examples.
He teaches fundamental truths.

Learning takes place through discovery
when you figure it out for yourself.

A good teacher makes only suggestions,
directs the students and Points out problems.

Above all ask questions and more questions.

Thus a teacher encourages discovery.
Only through personal initiative
and constant and incessant work,
one student achieves greatness.

This is the joy of a true teacher.

Dr. Antony Theodore
At The Moment Of My Death

At the moment of my death,
where will my soul go?

Will it go to the land of the dead
or to the lap of God?

Will it enter the darkness
or to the land of light?

Will it fly to the full moon
or to the land of Roses and peacocks?

Will the soul sing all along the way
like nightingales?

or will it dance with the angels,
fairies and saints of all time?

Dr. Antony Theodore
At The Shores Of Creation

All alone i sat
at the shores of creation
wondering about God's
eternal beauty.

Dr. Antony Theodore
At The Soul Level

There is an enriching fountain of love within each of us at the soul level.

To know what is love
You need not go outside of yourself.
There is the well spring of love within the heart.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Attraction, Devotion, And Elevation.

The characteristic mystical qualities are attraction, devotion, and elevation.

Attraction is the consciousness of the mutual desire between man's Spirit and the Divine Spirit.

It is the link of love which knits up reality and draws all things to their home In God.

Dr. Antony Theodore
Awaken The Hidden Love In You.

Give yourself the gift of the inner wellspring.  
It will soften all that is hard in you.

Invite this inner fountain to pour in you.

The greatest gift, love brings into your life  
is to awaken the hidden love in you.

(This was published by me in Micropoet under the name of my beloved mother  
Genova Maaa who passed away at the young age of 38. Published for a long  
time under this second name. i write to keep her memory alive as long as i live)

Dr. Antony Theodore
Awareness

When awareness is turned on
there is no distraction.
Because you are always aware of
what is happening in you and outside.

Concentration is like standing in
a spotlight, a flood of light.

All that is coming in the scope of
Your consciousness attracts your attention.

Distraction cannot prevail
in the mind of the awakened.

Awareness thus becomes a gift of God.

Dr. Antony Theodore
Awareness.

In our daily life
body and Spirit are often separated.

Body is here, but we flow in the past
so far away from the present moment
or in the far future.

Through awareness,
we can unite the body and spirit
and live joyously in fullness.

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Dr. Antony Theodore
Be A Candle That Burns

You kindled me.  
You are very thoughtful 
when you look at me now.  
You sit pensive in my light 
and meditate.  

Do you know  
I am glad that I burn.  
If I did not burn,  
I would have been in a candle box 
with others who also do not burn.  

In such a box,  
we find no meaning for our lives.  

My meaning I find when I burn.  
Now I'm kindled and spread light.  
You can say &quot;I am on fire&quot;.  
I am burning.  
So I become shorter.  
I am sad, that I will become soon  
a small stump only.  

But so is life.  
There are only two options for me:  
Either I remain completely  
intact in the cardboard,  
then I will not become smaller.  
But then, I have no meaning in my life.  

But when I burn,  
I will give light and warmth,  
then I know, that I am  
of use for others.  
I have given myself freely.  

It is better than to be as cold  
and meaningless in the box.
Burning for others is my joy.
A candle light is contagious!
Be a candle that burns.

Dr. Antony Theodore
Be A Sincere Simple Seeker.

With the coming of God in one's life, man's solitude becomes more perfect and more pure, in the sense that, man becomes more of a person.

He becomes more of a person by virtue of his deeper union with others in charity.

In the heart of the seeker, this mystery of solitude and communion reaches even greater depths.

Everyone who seeks God shares to some extent the solitude of the heart of God.

Dr. Antony Theodore
Be Amazed

See the miracle,
hear the miracle.

I hear a bird!
I hear a wind chime!

Do you feel the wind?
It is so soft!
Is it not so wonderful?

Look at
these beautiful flowers,
the leaves of the neem tree.
The wind blows
the leaves begin to sing.
Its clatter inspires me to listen.

It brings in me, calmness.
I begin to sing in my heart
with the clattering leaves.

Do you listen? ?

This dog is so lovely.
He jumps, he gives me love
I touch him, caress him
lift him up to me.
He plays with me in love.

Be amazed always.

Be amazed.

When you're burned out,
bone weary, tired
go to the Lord God
bow down and adore.
God alone brings peace.

Dr. Antony Theodore
Be Awake! ! ! Eternity Is Right Now! ! !

Eternity is right now.
Are you proud of your past?
Are you ashamed of your past?

Just forget the past.
Do not repent of your past. Be awake! ! !

Eternity is now; just now.

(This was published in Micropoet under the name of my beloved mother Genova Maaawho passed away at the young age of 38. Published for a long time under this second name. i write to keep her memory alive as long as i live).
Graphic: Heaven_and_Hell_by_jay_

Dr. Antony Theodore
Be Aware

Act and be aware of your actions.
Talk and be aware of your words.
Listen and be aware of what you are hearing.
See things and be aware of what you are looking at.
Be aware! ! !

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Be Yourself

Be conscious about being truthful.
Resist the urge to accommodate my truth away.
Being who I really am is not forbidden
just because others are uncomfortable with me.

The cost of not being who you are
is busying oneself pleasing all others.
Then a precious part of you die inside.
There will be internal conflict to deal with.

If we choose to avoid conflict with others,
we will eventually breed conflict within ourselves.

Attend to your inner lives
Even when it creates discord
with those who would have us
be something else according to their will.

Dr. Antony Theodore
Be Yourself Exactly As You Are.

Compassion, sweet compassion
is the never ending story of
how we return to exactly who we are.

It is the never ending story of
how we embrace each other
and forgive ourselves
for not accepting our beautifully
particular place in the fabric
of all that is created.

We are born with only one obligation
to be completely who we are.

Dr. Antony Theodore
Beautiful Butterfly

In a beautiful butterfly,
Your face comes so true to me.

Through a pretty butterfly
You come flying so serene into me.

As the tiny wings flutter
I watch with love and joy
and wonder how it could be
that I see your face coming to me.

With beauty and grace
you perch among the flowers
as if searching for a special place.
Oh if I could only turn my heart
into a bed of flowers
for you to fly and hide
and secretly whisper to me
with fluttering wings how you love me.

Warm and kind is our friendship
so rare like a beautiful butterfly.

Welcome to my garden of happy thoughts
where butterflies fly along
the paths of lovely flowers.

You are so special in my life.
So innocent and pure is our friendship.
I care for you with a heart full of joy.
You are mine, I love you.

God, help me not to be possessive.
Love is freedom in true sense.
Possession is selfishness.
God, help me not to be possessive.

(When we fall in love, we think love is possessing the other. It takes time and maturity to realize that real love is freedom and never possessive. So we do
experience divinity in selfless love. I believe, in every love affair, God is at play. If not, love is doomed to fail).

Dr. Antony Theodore
Beautiful Dreamer

Walk down to me
Beautiful dreamer.
Collect the dewdrops
On a smoothy leaf,
Come and give it to me.

Sing to me, beautiful dreamer,
Sing in moonlight
The songs of romance
In soft melody.

Dr. Antony Theodore
Beauty Falls Into Purity.

Look, the autumn leaves are falling
Beauty in its marvelous form
falling into a heart which is pure.

Beauty falls into purity.
That experience is heavenly.
Don't you think so?

Dr. Antony Theodore
Beauty Is So Ancient And So New.

In the vision of the beautiful,
Reality reveals itself.

Beauty is so ancient and so new.

Eternal Beauty
is within me.
But I fail to seek the Eternal
living in me.

Futile I seek for the Beauty outside,
frustrated I return.

In moments of deep meditation
I tend to cry out:
“You were always with me
But I was not with you”.

I fall then in prostration
lost in a glorious adoration.

- -

God looks at me
God smiles now.

Dr. Antony Theodore
Beauty Pierced My Soul.

Beauty pierced my soul.
Silence covered me with
a soft veil of mild light.

(Alone in beauty Pinterest..from the collections of Genovamaaa in Photobucket)

Dr. Antony Theodore
Become Who You Are.

Know and realize who you are.

Become who you are.

You do not know how great a treasure is hidden in you.

Discover it and find yourself in the true and real sense.

(Graphic: )

Dr. Antony Theodore
Becoming Modes Of The Infinite

The ideal of the great mystics
is to become modes of the Infinite
being filled with an abounding sense
of the Divine Life, of ultimate
and adorable reality.

Sustaining und urging them on,
they wish to communicate the revelation
of the more abundant life,
which they have received.

(Graphic: . Marylin Raffaele the Arcturian group)

Dr. Antony Theodore
Begin With The Spiritual Journey Now.

Begin with the spiritual journey now.
It is a lifetime of continuing conversion.

By deciding to go in search of God
one definitely turns away from
self with the intention of
consecrating the rest of the life for God.

The subduing of the passions and the
control of the senses are not intended as
punishment or rejection of the natural order.

It is the death of the old
for the sake of giving birth to the new.
It paves the way for the experience
of the goodness of creation
and is a means of uncovering the
supernatural in the natural.

It aims at a complete metamorphosis.
There should inevitably be a death
to experience the resurrection.

( graphic: Marcela saved to Ballet, pinterest) .

Dr. Antony Theodore
Being A Mirror Of God

When we live from a core of love, from an attitude that puts others before self, we will mirror God's light.

It is a light that will overflow into the everyday, into the ordinary.

When we live out of a sense of gratitude and joy in uneasy times, we are light.

Light challenges us to take responsibility for ourselves and for others in need.

When we live from a core of love, we become a mirror of God.

Dr. Antony Theodore
Being Happy Is Our Call.

Moon came to me smiling.
I smiled back.

I was happy.
The moon was happy.

Being happy is our call.

(All of us have our problems to face. being dull or depressive does not help us to live. So be happy even when we are overloaded with sadness and trouble. Is it possible? . Yes it is possible if we have enough faith in an ever loving God)

Dr. Antony Theodore
Being Is Becoming.

Putting on the 'New Man'
is a tremendous discovery
of a way of life in
which one becomes
what he aspires to be.

Being is becoming.

The more one experiences
the presence of God,
the more is his sense of
inadequacy and imperfection.

(„New Man‟; denotes that we have to change our old ways that were not
creative and did not lead us to peace and to God and put on the New Man. It
demands challenges of changing which is sometimes very very difficult).

Dr. Antony Theodore
Being Secure In The Unseen Spirit

Spirituality is the experience of being affected, moved and touched by the Spirit of God.

It is the feeling for the Absolute, for the Transcendent.

It is the universal experience of being secure in the unseen Spirit.

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Dr. Antony Theodore
Believe In God Who Believes In You.

Whatever be the Heavy weights
laid up on you,
In you there is more strength
and courage than you think.

Bad fate shall never conquer you.

Do not give yourself up.
Count on your God.
Then you can count on yourself.
Believe in yourself.

Believe in the God who believes in you.
And you will live!

Dr. Antony Theodore
Believe In This Creative Success Instinct In You

There is within each one of us an inbuilt success mechanism.

This is a life instinct planted in you by God your creator.

This works towards happiness and pure inner joy.

Believe in this creative success instinct in you.

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Dr. Antony Theodore
Believe In Yourself Because God Believes In You.

Know how precious and unique our gifts are.
No one can really know
what you are capable of, but you.

Your calling is great and very special.

Even if no one recognizes it,
you are irreplaceable.

Believe in yourself because God believes in you.

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Dr. Antony Theodore
Abegail Kyla Bilan (Goa Philippines; Female; 17)
To: Brahmin
Date Time: 7/23/2017 4: 46: 00 AM (GMT -6: 00)
Subject: Re: Re: Re: dear poetess
Ako an Saemong Aki

Ako an saemong aki, Nay.
Na bakong hale sa sadiri kong Ina.
Mga anghel kan Diyos an nagdara
Sa sinapupunan hale sa kalangitan
Asin binuhay sa saemong tolak.

Bakong hale sa sadiri kong Ina;
Ginusto ini kan Bathala

Sobra an kaogmahan
Sa bag-ong kweba kan pagpadangat,
Igdi sa saemong tolak
Nagtuturog nin trangkilo.
Hinihiling kan mga anghel.
Habang nangangadyi
Na ako pirming isalbar
Sa pagkapangaki igdi sa daga.

Nag-eensayo nin mga kantaon
Makalangit, sa sakong pagdatong.

Habang turog sa saemong tolak
Mga anghel, pirming nagbabisita
Dae mo aram, padaba kong Ina.

Maogma kutang ipangaki
Mamatean man kota
Gusto kong magngirit
Gusto kong mag-kanta
Gusto kong magkawat
Gusto kong magmimi saemo
Hanggang sa ika maogma.
Gusto kong mahiling an saemong mgga ngirit
Habang nagmimimi saemo.

Ini man sana an sakong mga pangarap, Nay.

Kudi sa sarong maraot na aldaw
Naisip mong gadanon ako.

Nadangog ka kan mga demonyo.
Tolos na dinara an pagkakusog kusog na tambol
Tuminogtog nin maka-demonyo.
Gabos sinda, nagkasararo,
Nagraranihan, nagsarayawan, paikot-ikot,
Luminukso asin kuminanta.
Nagsarayaw sinda nin nakapila.
Nagsarayaw sinda nin paikot.
Nagsarayaw sinda sa saendang mga bitis.
Nagsarayaw sinda sa saendang mga payo.
Kuminanta nin pagkakusog kusog na mga kantaon,
Mga demonyong nagtatambol
Maogmahon an buong impiyerno,
Na pinili mong gadanon ako.

Aram mo baya kun gurano ako naghibi?
Aram mo baya kun gurano naghibi an mga anghel?
Aram mo baya kun gurano nagluksa an buong kalangitan
Sa aldaw kan sakong kagadanan
Sa saemong sinapupunan?

Asin sa sarong hidali bag-o ako nawara,
Nahiling ko an makaherakon na paghibi kan Bathala.

THIS IS THE BICOL VERSION, dr. tony.
Good day :)
Bliss And Romance

Intensity of bliss
is the experience of true romance.

Such experience of bliss is not a feeling.
It is a state of being.

It is a revolution in the depths of the being
when romance dawns.

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Dr. Antony Theodore
Bliss Arises, Transcending The Human Experience.

Come down from your golden throne.

I am here offering everything to you,

my being, my strength,
my love, my beauty.

Look! ! !
Bliss arises,
transcending the human experience,
bringing it into full manifestation.

(The Dancer is in intense prayer when she  dancer alone can experience such heavenly bliss.)

(Graphic: From Ballet Photographer, Gene Schiavone)

Dr. Antony Theodore
Born With An Umbilical Spot Of Grace.

We are born with a centre
free in every sense.
Free of expectations
ambitions and embarrassments.
Free of fear and worry.
It is an umbilical spot of grace
that engulfs us in peace.

Psychologists call this centre, psyche.
Theologians call it the Soul.
Jung calls it the seat of the unconscious.
Hindu Gurus call it the Atman,
Buddhists call it Dharma.
Sufis call it Qalb.
Jesus calls it the centre of love
and the dwelling of the Holy Spirit.

Be conscious of this inwardness
and know what we are.

The coming to consciousness
is not the discovery of something new.
It is a long and painful return
to that which has always been.

Dr. Antony Theodore
Breath In, Breath Out.

When we breathe in
we can feel how the breath
enters into every cell and
brings us to restful peace.

When we breathe out
we feel how our tiredness,
weakness, our fear and anger
slowly escape the body.

Then
The disturbed mind sits in peace.

A poetic mind needs this peace.

(Pub. In PH On 08.10.2015)

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Dr. Antony Theodore
Breathe Steadily And Slowly

Sit quietly in a park and begin to breathe consciously.

Watch how your breath and the air you are breathing becomes seemingly one and feels to be one.

Breathe steadily until your heart is interconnected with the hearts of all around you.

Keep breathing slowly until you feel, with each breath, you are interconnected with all life.

Dr. Antony Theodore
Bring Mankind The Gift Of Reconciliation.

Bring mankind the gift of reconciliation.
We see only suffering and death.

Turn hatred to love,
conflict to peace,
bring an end to death
Look after the suffering ones.

Care for those who are in need.
Live in faith, hope and charity.
We want lasting happiness and peace.

The refugees driven away,
cruel wars, deprivation, poverty.
Clothed in rags,
babies on the hips,
standing in line with a plate
waiting for some meager food.
Human misery! !
Bring mankind the gift of reconciliation.

Dr. Antony Theodore
Bring Me Back On The Path Of Serenity.

If I'm morose, sulky, moody and grumpy
and go through my day sad,
please help me go, good God
back on the path of serenity.

Help me,
to face with a smile,
the seeming monotony
of everyday life.

Let me accept
everything that comes my way
with an expecting mind
with a positive attitude.

I try to take space
from all that makes me dull.

I accept every day anew
discovering the beauty
of the new dawn
and the peace of the dusk
realizing how wonderful
this gift of life is.

(Graphic: Pink And Purple Dawn Photograph by Brian Wright
Fine Art America
Sunrise Photograph)

Dr. Antony Theodore
Bring Me Now The Thread Of My Soul

Run into my arms;
Call me by my name
in a voice full of tender passion.

BRING ME NOW THE THREAD OF MY SOUL
Which I gave you when we began to love:

Look! the butterflies fly,
the birds twitter,
the rainbows smile
when you lie in my soul.

You are dear to me
forever and ever
till the end of times.

Dr. Antony Theodore
Sometimes we feel like
a deep heap of bones
in an endless valley.
We have inner dryness.

Depressive experiences in life
or long-lasting struggles,
problems at work for which
we don't find any solution
lead you to this experience.

Heartbreaking experiences
and expectations
which were not fulfilled
can also lead one
to the experience
of a valley of dry bones.

Today I sit and pray with folded hands
"Come to my life O God
Bring my bones to dance again".

Dr. Antony Theodore
Brokenness

Often the struggles of life
make us focus on the light.
They are a gift in disguise.

Light often soaks in through the cracks
of our box of darkness.

In unexpected upheavel
we encounter God in new places
and in new experiences.

In every challenge
lies the potential for growth.
In every struggle,
there is an opportunity
to carve out new directions.

The moment of weakness or brokenness
gives me the real message
of transformation and a new awakening.

(Graphic creation of light by Gustave Doré)

Dr. Antony Theodore
Burning Blessing

The Powers of the depths
in a gasp of pain
rise to the realm of Intensity.
The songs of the soul,
then
meet the dance of the body.
The heart meets the sky
and when the horizons widen,
love spends itself in
fire
into a burning blessing.
Love is its own reward.
Aim at the stars
and not at mountain peaks.
Life is a celebration
when you aim high.

Dr. Antony Theodore
Burning Desire.

Who can still the pain of my heart,  
who can quench the thirst of my soul?  
The lamp of desire burns eternally.  
The Eternal alone  
can touch the core, in my depths  
and fill me  
with the delight of fulfilment.

Dr. Antony Theodore
Bury The Life With God And In God.

Bury the life with God and in God.
Enter with joyful anticipation.

All of our mental
and physical resources,
mustered and attuned
brings to the transforming
and life-giving effect.

The transforming
life-giving effect
is achieved by
a constant death
of the inordinate
passions of our flesh
and our whole selfish being.

Dr. Antony Theodore
By Being Light The Stars Hold The Darkness

By being light the stars hold the darkness.
By being wet, the rivers keep the earth alive.
By being sun, the nature is held in light and life.
By being love, the human being holds the other.
By being you, you love and heal.

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Dr. Antony Theodore
By Being You, You Love And Heal.

By being light the stars hold the darkness.
By being wet, the rivers keep the earth alive.
By being sun, the nature is held in light and life.
By being love, the human being holds the other.
By being you, you love and heal.

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Dr. Antony Theodore
By Being Yourself

By being yourself
you open up to "The Reality".

The never-ending play
of cosmic intelligence
reflects itself in you
again and again.

Life grinds you the need
to refresh yourself
and renew every moment.

Dr. Antony Theodore
By Love We Can Reach God And Hold Him Close.

We do realize obscurely
in mystical experience
that by love we can reach God
and hold him close.

Man can be alone with
"The Alone" lost in intimacy.

This experience is transforming
affecting every particle of one's being,
every attitude, every act.

Such a person is free to act
freely, simply and spontaneously.

Dr. Antony Theodore
By Love We Reach God

The knowledge of God
is an experience of love.

Incapable is it
for the Intellect
to comprehend God.

Attainment is possible
directly to God by love.

By love, we reach God
and hold Him close.

This is a mystical realization.

Dr. Antony Theodore
Call To Me, And I Will Answer You

As I sought You
to change my life around,
more trials and temptations came.

I was at a loss.
I did not know what to do.

The evil one tried
to throw me off-course.

Then I heard this voice
in my inner soul:

"Call to Me, and I will answer you,
and show you great and mighty things,
which you do not know." (Jeremiah 33: 3 in the Old Testament of the Holy Bible).

(Graphic: )

Dr. Antony Theodore
Called To Live In More Intimate communication With The Mystery.

Mystical Union is affected by God himself and remains always a mystery to the man.

Man is sustained by a deep mystery of silence, of incomprehensibility of God's will and love.

The mystic feels that he is personally called to live in more intimate communication with that mystery.

Dr. Antony Theodore
Calling The One Who Has No Name.

In deep silence
I want to sit
calling the name of my God
who has no name,
who has no face,
but living in me
moment to moment
leading me to The Eternal.

Dr. Antony Theodore
Can A Butterfly Ever Forget The Scent....

Can a butterfly ever forget
the scent of the flower
and the sweetness of the nectar
which it sucked in intimacy?

Do you hear o poetess and poet,
the butterfly and the flower
it kissed and sucked,
singing together
an addictive lullaby every night?

(Graphic: Attract Butterflies, Bees, and Ladybugs to Your Garden
Duncraft's Wild Bird Blog
Attract butterflies and shop feeders at )

Dr. Antony Theodore
Can Such A Mind Ever Know The Whole?

Everything about you is a fragment.

Mind accumulates these fragments from moment to moment.

When you think you know something, you refer only to some scrap of the past.

Can such a mind ever know the whole?

Dr. Antony Theodore
Can The Eye See Itself?

Can the 'I' know itself?
Can the knife cut itself?
Can the tooth bite itself?
Can the eye see itself?
Can the "I" know itself?

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
Can The 'i' Know Itself?

Is it possible for a human being to know what that 'I' is? We use it almost always.

Can the knife cut itself? Can the tooth bite itself? Can the eye see itself? Can the "I" know itself?

Published on October 09, 2010 in Poetfreak under the name Genovamaaa. Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
Can You Sleep Today After Seeing Me Begging?

Do you see me now?

I have no food.
I am hungry and thirsty.

Do you see me starving?

if you have a conscience
would you sleep tonight
after seeing me on the street
crying and begging?

(THE GREAT COMPASSION - HOME)

I was hungry and you gave Me food; I was thirsty and you gave Me a drink; I was a stranger and you took Me in ;)

Dr. Antony Theodore
Carry Me On Your Shoulders To Fill Me With Love.

Carry me on your shoulders to fill me with love.  
Holiness belongs to you.

Split up the rock.  
Touch the waters that gush forth.  
Make it life giving waters for me.

Lift me up from the valley.  
Carry me on your shoulders 
up above your mountain 
to feed me with your love.

Your soft touch alone
Will make me holy;
This unworthy being
who often falls in the valley.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
Celestial Tones Of Harmony

I heard the angels at the dawn
lost in chanting
celestial tones of harmony
dancing with the tender rays
at the birth of a glorious morning.

My heart began dancing.
My soul and body danced
with the holy rythms of angels.

Was it a mystical experience?

Dr. Antony Theodore
When I wanted to lift up
the Chalice of Glory,
my God told me:
“You should suffer”.

I asked him why?

He told me:
Only through sufferings
one can achieve glory.

Suffering produces endurance.
Endurance produces character.
Character produces hope.
Hope does not put us to shame,
because God’s love has been
poured into our hearts
through the Spirit of the Almighty.

God will himself restore,
confirm, strengthen,
and establish you.

Then you can lift up the Chalice of Glory.

Dr. Antony Theodore
Change Is A Call Of Creative Self-Realization

The call to change is a call of creative self-realization and development in the spirit.

Those who respond, enter into an ongoing process of transformation.

The power within works incessantly, reconstituting the spiritual man who in turn participates in the creative purifying work of God in the creation.

It is the choice he makes that helps him establish the identity of the person.

Dr. Antony Theodore
Cheer Up My Friend In 2018

Cheer up my friend in 2018.
Smile to the world,
the world will smile back.

Negativity leads me to my downfall.
A grim face drives away friends.
I want to give than to receive.
I want to laugh, love and dream
of the impossible keeping my feet
on the ground in the real sense.

Stay where you are and bloom.
Change what you can change
and accept what you cannot change.

We live only once and live it fully.
Find your passion and be noble.

Do something nice to someone
who cannot have your gift in life.

Be happy that you are a giver.
Love God and go forward
in hope, love and in faith.
Cheer up my friend in 2018
for God the Almighty is with you.

Dr. Antony Theodore
Chick Became An Eagle

Beyond the world of the skies
in unending heights
there lives Love
in the high holy temple.

At dusk, in the mild mystic light,
when the day and night kiss
only for a moment as their fate is,

Love came to the gates
of the holy temple
to climb down
steps innumerable.

At the end of the steps
stood I like a shivering chick
in utter darkness.

Love came to me,
arms widespread
breaking the shells of my loneliness
to cradle my whole being.

Ecstacies came! ! !

Courage filled my veins! ! !

Love shook me out of fear,
and cured my inner wounds.

Love is all that I am.

Love came to set me free.

In the flush of love's light
I become bold
and take my flight,
into the world of delight.
It was the flight of an eagle.

(love alone can transform a shivering chick into an eagle.)
mixing up of tenses is intentional.

Dr. Antony Theodore
Christ Comes As A Baby

Intense is the relationship
between the mother and child.
Nine months carrying safe
in the womb with so much of love.

This is like the relationship
with God and a human being.
God loves us all like a loving Mother
Who cares and lives only for the baby.

A mother suffers when the child suffers.
Even a cough of the child gives her pain.

When the child has to have an injection
She suffers with the child and feels the pain.

Sometimes the babies
are taken away from the mother.
Babies are stolen and sold for the tiny organs.
They amass wealth by killing and selling the
body parts of simple and beautiful babies.

Some use babies for medical research
So cruel is this world and into this world
Christ comes as a Baby to save the mankind.

(picture Gerard David, circa 1510 Art critics have called Gerard David's paintings conservative, even bland, and who am I to argue? But he paints the most wonderful angels - glorious creatures, truly celestial)

Dr. Antony Theodore
Christmas Bells Are Ringing

Listen O birds and animals,
Trees and flowers and leaves,
rivers and seas everywhere.
The Christmas Bells are ringing.

The old and familiar singing
on the streets on these cold evenings...
They are sweet and brings memories
of early sweet childhood
when we sang with mummy dearest
lovely songs of love and mercy
and a new birth of Jesus Christ.

Now, think of the millions of abortions,
the killing of innocent children
and the abandoned children.
The forced child labor of the little ones
killing their lovely future without a school
only to make money by the rich.

Human beings, sing with the angels.
"Let there be peace on earth
and glory to God in the mighty heavens.
Be of goodwill and spread smiles everywhere!"

The belfries of all Christendom
ring out in an unbroken song:

"peace, peace, joy, joy everywhere

goodwill, goodwill for all men!"

Let us sing together:
Sing it on our way, at dawn and dusk,
sublime chanting and dancing along
"peace on earth, for men
and women of good will!"
ISIS killing thousands,  
beheading, and cutting the throats slowly  
with a small knife  
because Christ's name is on their lips.

Let all religions unite.  
"We shall not kill in the name of God."  

Bow your head and heart  
and chant in the heart  
"We shall not hate.  
We shall love  
and spread joy and peace."  

The pealing of bells from the towers  
I hear loud and deep.

God is not dead.  
God does not sleep.  
Peace shall prevail.  
Goodwill in the hearts  
shall reign till the end of times.

(Graphic: William-Adolphe_Bougurereau_(1825-1905_ Song of the -Angels)

Dr. Antony Theodore
Cling To The Lamp Of Wisdom Within.

Let go of anxiety.
Summon up the courage.
Climb out of our narrow confines.

Discern those movements
that come from the Spirit of Light
from those of the spirit of darkness.

Keep our lamp burning
even when the wick burns low.
Withdraw to the quiet.
Silence will nourish and repair the soul.

Cling to the lamp of wisdom within.

Dr. Antony Theodore
Closed Doors

There will be doors
that close before you.

When a door closes
preserve hope and faith.

Do not worry.
Sooner or later
a greater opportunity
will come on your way.

If the closed door had opened
It would have blocked this new life.

This new opportunity presents itself
While the old door closed before you.
- -
I now understand the mystery
Of closed doors and life’s path.

I await the new opening
with a heart full of hope.

Dr. Antony Theodore
Closing My Eyes

Closing my eyes
i see you standing before me.
Closing my ears
i hear your melodious voice.

Closing my heart
i feel you inside my heart
dancing to the rhythms
of an unknown melody
which heavenly beings
alone can sing.

Dr. Antony Theodore
Come And Touch Me, My God

I want healing.
Come and touch me
with your healing hand.
Heal me now.

You ask me 'do you believe?
Do you have enough faith?'
I still doubt.
I have many doubts.

Seeing my thoughts, God tells:

'I cannot heal you now,
you have to believe in me,
in my healing power,
in my great desire to be with you'.

'Believe in my love for you.
Love yourself as you are
and come to me in faith'.

'Kneel down in prayer full of faith.
I shall heal you'.

Dr. Antony Theodore
Come Home To Yourself

Come home to yourself.
Observe yourself.

Self-observation is delightful.

If you observe yourself,
your illusions will crumble.

Everything changes
when you are aware.

Be aware. Observe yourself.

Dr. Antony Theodore
Come To Me With Your Molding Hands.

God Almighty,
bless me today
with the gift
of your Divine Presence.

You are the creator of my soul.

Touch my heart today.

Come to me
with your molding hands.
Shape me as you will.

Dr. Antony Theodore
Come With The Lute And The Harp.

Praise the holy one.  
Come with trumpets.  
Come with the lute and harp.

Dance before his holy throne.

The angels play on the lyre.  
The saints sing in chore.

Humans bow and adore.  
The nature stands still.  
They hold their breath.

God's love is every where.  
Sit in silence and feel his holy presence.

Graphic:  Sandy James
Sandy James saved to Dance as though no one is watching
Dance is for the Glory of God, and is a powerful, prophetic weapon in the hands of those fully submitted to He who rejoices(whirls and dances) over us with singing! Dance!

Dr. Antony Theodore
Come, Share My Meals With Me.

Look into
someone's eyes and see
his pain and needs.

I share my heart with you.
I share my happiness with you.
May I give you my hard earned food?
The more I share the more I have
while it fills my heart
with immeasurable joy.

I share my intimacy with you.

It is my gift of
unconditional love and acceptance.
Come share my meals with me.

I shall share my umbrella
and survive the storm together.

Let my life be an art of drawing
without an eraser by sharing.

(Graphic: National Geographic)

Dr. Antony Theodore
Communion With The Transcendent.

It is through the mystical sense, we come into conscious possession of all our powers.

We rise from the lower to the higher level of consciousness.

We become aware of that larger life in which we are immersed and attain communion with the transcendent.

The seeming passivity of the mystics is really a state of the most intense activity.

Dr. Antony Theodore
Confront The Falsity In Oneself

Man must confront
the falsity in himself
and the world
and open himself
to the creative
energy at the core
of his own being.

True freedom
is the freedom
to be fully human,
to actualize the
divine image.

Personal freedom
cannot be cultivated
merely by discarding
inhibitions and obligations.

Living in a self-centered
palace of selfishness
will lead to the decay
of the true self.

Dr. Antony Theodore
Conscious Awareness of God.

The mystical experience cannot be reduced to logical formulation or adequately expressed symbolically.

But there is a conscious awareness of God, though it is ever tenuous and tinged with doubt.

On the conceptual level, where logic and rationality are in command, the mystical experience may admit of doubt.

In fact, it may perhaps admit of nothing else but doubt.

But on the level of immediate intuition, it admits of no doubt.

This is a level in which, an experience impresses itself upon us directly without ambiguity.

It is the level on which we experience reality as we experience our own being.

In this level, there exists no doubt. So it is futile for a man to insist on a logical formulation of the process or the experience.

(Graphic: ??????? ????????? ?????????? ??????? (Freydoon Rassouli)[??????] - ??????? ????????? ???????)

Dr. Antony Theodore
Conscious Relation With The Absolute

Mysticism is the way out of
for the awakened spirit of man.

It is the healing of that
human incompleteness
which is the origin
of our divine unrest.

In this world of illusion
we have no continuing city.
Mysticism then is not a philosophy.

It is the achievement here and now
of the immortal heritage of man.

It is the art of establishing
his conscious relation with the Absolute.

Dr. Antony Theodore
Conscious Union With The Absolute

When the whole self
is raised to the condition
in which conscious union
(even for a moment)
with the Absolute takes place,
the mystic ascends in this moment
to the summit of his manhood
or her womanhood
and enters into that greater life
for which he or she was made.

It is an arduous and definite journey,
far removed from mere
emotional or intellectual activity.

Dr. Antony Theodore
Consciousness Of The Mystery And Constant Purgation.

By the accident
of one's individuality,
one becomes a poet.

The greatest obstacle
to the realization
of this vocation
is the same as
that which obstructs
spirituality against the false self.

One disciplines himself
for his art in the same way
as he prepares himself
for his spiritual way.

One should allow
the consciousness
of the mystery
to express itself,
by constant purgation.

Dr. Antony Theodore
Constant Self Awareness

(Self examination is needed on our path to God. Control the activities of your mind and work hard for the goal).

Does your mind travel
Like a swarm of bees
Than like an arrow
Shooting straight for the goal?

Does your mind travel
in a Vague, swirling, fuzzy way?

Is your love bound up with hatred,
trust with suspicion,
altruism with selfishness?

The only clear path to God
is a path of constant self awareness.

Published on October 08,2010 in Poetfreak under the name  Genovamaaa. Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
Conversion

The person emerges from a smaller limited world of existence into a larger world of being.

His life becomes swallowed up in a larger whole.
All conversion entails the constant remaking of the field of consciousness, an alteration in the self's attitude to the world.

Conversion is often a sudden, intense joyous perception of God, immanent in the universe; of the divine beauty and unutterable splendor of a larger life, wherein the individual is immersed.

He begins a new life lived by the self in accordance with this now new dominant fact of existence.

(Graphic: Great Doctrines of the Christian Faith: Soteriology: Conversion - 10.
)

Dr. Antony Theodore
Conversion is The Larger World-Consciousness

Conversion is primarily an un-selfing.
The individual is in his own little world
controlled by the deep-seated instincts
of self-preservation and self-enlargement.

Conversion is the larger world-consciousness
pressing in on the individual consciousness.

Often it breaks in suddenly and becomes
a joyous perception, a great new revelation.

(Graphic:
Figure of God from Conversion of St Paul by Michelangelo, Sistine Chapel, ...)

Dr. Antony Theodore
Conversion As A Joyous Perception Of God

All conversion entails
a constant remaking
of the field of consciousness,
an alteration in the self’s
attitude to the world.

Conversion is a sudden, intense,
and joyous perception of God
immanent in the universe,
of the divine beauty
and unutterable splendour
of that large life
in which the individual
is immersed, and a new life
to be lived by the self,
in accordance with this
now dominant factor of existence.

Dr. Antony Theodore
Conversion as a Revelation

Conversion is primarily an unselfing.
The individual is in his own little world.
He is controlled by the deep seated
Instincts of Self-preservation.

The universe is organized around
his own personality as a centre.
Conversion is the larger world-consciousness
Pressing in on the individual consciousness.

Often it breaks in suddenly
and becomes a great new revelation.

Dr. Antony Theodore
Create A Mind In Rhythm With Itself.

Imagine the field of corn in autumn.

When the wind catches the corn,  
the corn bends low with the wind.

When the wind is gone  
it finds its own poise and balance again.

Be gentle with yourself.

Create a mind in rhythm with itself.

(I published this Poem in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. I published for a long time in this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Crushed And Broken-Hearted

I created expectations dreaming,
that they would be fulfilled
if I made the right choices.
But I woke up to the reality
to find, it didn't match my hopes.

My beliefs about how my life
would turn out were pleasant but false,
being forced to recognize,
my clinging was to a pretense.

We often build pretenses
about how our lives
should pleasantly appear.

We think, ideas we imagine
should govern our lives.

But God has His own
plans for our lives.
Our pretenses often
lack the foundation
of what God wills.

We long for a path free
from pain and barriers,
but God doesn't always
follow the easy trail.

When we are crushed
and brokenhearted
even from our own pretenses
we know that the brokenness
doesn't separate us from God.
It draws us nearer to God.

„The Lord is near to the brokenhearted and saves those who are crushed in
spirit. Many are the afflictions of the righteous, but the Lord delivers him out of them all.... The Lord redeems the soul of His servants, and none of those who take refuge in Him will be condemned" (Holy Bible, Psalm 34: 18-22). Graphic: the Lord is close to the broken-hearted. From Genovamaaa's collections in Photobucket)

Dr. Antony Theodore
Cry Out With a Loud Voice.

Bad news, danger, and pain
all cause us to look for help.

When we are sideswiped
by life's circumstances,
we should cry out to God.

Speak audibly with great emotion
concerning your urgent need.

It takes both faith and humility
to share our heart's concern aloud.

Crying out, then, is a way
to express trust in God's ability
and willingness to help.
Let us lay down our pride
and attitude of self-sufficiency.

Cry out with loud voice.
God will answer from
His Holy Abode.
Wait for God's timing.
Count on His comfort
and healing presence.

(Graphic: Medic român: „Rugaciunea vindeca boli” -
Problemele de sanatate pot fi vindecate cu ajutorul credintei. Specialiștii spun că rugaciunea și spiritualitatea, în general, îi ajuta pe bolnavi, 60% din cei sprijiniți prin rugaciune...)

Dr. Antony Theodore
Dancing Through Life Because Of Faith

Exhilarated and winged
Elated and buoyant
we begin to dance through life
also in sad times
and in turbulent days.

We are cheerful
while life taught us a lot.

We believe firmly in God
and this faith helps to go on.

(Graphic: dancing through life_zps93ldr8q3 photobucket Genovamaaa's collection)

Dr. Antony Theodore
Daring To Pray

I am not even a worm
not even an ant
not even a mustard seed.

But I do dare to seek you,
do I dare to pray to you.

This daring you give me
all the day long and in the night.

Dr. Antony Theodore
Das Lächeln Meiner Mutter

From: Brahmin
To: The Poet Poet
Date-Time: 6/4/2018 6: 01: 00 AM (GMT -6: 00)
Subject: Re: Your German translation is AWAITED

---
dear poet.
here is the translation into German..... of your poem..

Das Lächeln meiner Mutter

Das Lächeln der Mütter
Ein Gedicht von mir, dem Dichter Yeps

Das Lächeln meiner Mutter
Ist mein Gedicht der Klassik
Viele haben es gelobt
Über alle Grenzen hinweg
Mach einen Punkt, um es zu lesen
Sie haben ebenfalls eine liebevolle Mutter

Sie kommt immer noch täglich zu mir
Lächelt aufrichtig und ernsthaft
Und sagt
Sohn, ich warte immer noch auf dich
Aber nimm dir Zeit
Ich habe es nicht eilig

Hier gibt es keine Sorgen
Der Herr kümmert sich unentwegt um uns
Voller Ernst
Wie du, mein Sohn, es ebenfalls tust

Aber dich kennenzulernen
Wird mein allumfassendes Verlangen sein
Tief erfüllt
Und verfasse weitere Gedichte
Sie von deinem Sohn zu lesen,
ist ergreifend

www.PoemHunter.com - The World's Poetry Archive
Ja, sie ist verstorben
Vor fast 50 Jahren
Ist sie den einsamen Weg allein gegangen

Niemand bleibt auf Erden
Wir alle werden sterben
Aber meine Liebe gilt dir
So lange ich lebe
O Dichter, sie können dir
Alles geben

Aber die Liebe ist das größte Geschenk.

Und die Dichter können über sie schreiben.

Dr. Antony Theodore
Death Is Hovering Around.

An unexpected heart attack.
He falls down and dies.
He was my dear friend.
He dies in front of me.
I stand helpless and ask 'why?'

Leprosy eats away body parts.
Doctors treat them as they can.
But patients die, miserably slowly.

An accident on the road.
Driver dies a miserable death,
suddenly without any preparation
for a death and an after-life in faith.

A mother of five loving children
dies of cancer and the children cry
loud to Almighty God.. „Why‟;

(Graphic: Beyond goodbye
1000 × 563Bildersuche
Illustration

Dr. Antony Theodore
Deep Fountain Of Love Within

Do you know how to whisper awake
the deep fountain of love Within?

Invite the well spring of love.
It is your deepest nature
to flow through life in love.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Deep Resonance

I heard a call from one
who has no voice,
but speaks in everything that is.
I heard his call in the depth of my being.
He called me by my name.
I heard the deep resonance
in the inmost center of my being
and I was awakened to the Real
within all that is real.

Dr. Antony Theodore
Deliverance From His Own Self

A mystic seeks no kind of mastery except for the mastery of self. He seeks no kind of knowledge except for the intuitive knowledge of God at the depths of his being.

All else is superfluous. The life of prayer establishes contact with the source of all life and with the only source of authentic peace.

The mystic yearns to be totally free and to be totally free he must be delivered from his own self.

(Molitve - )

Dr. Antony Theodore
Denying Ourselves To Be Free From Sin.

We have an obligation
to deny ourselves.

The truth cannot
live in us unless we freely
and by our own volition
recognize and cast out
the falsity of sin
from our own souls.

So it is an obligation
to deny ourselves
to become free
from the slavery
of temptations.

Our own conscience
teaches us this truth.

(Graphic: The New You: The Conscience as a Broken Moral Compass)

Dr. Antony Theodore
Dewdrops And Starlight

Dewdrops and starlight
danced in my being,
deep down in the valley of my soul.

They sang the songs
of an eternal romance
of the soul and the creator.

The angels sing in the moonlight.
The soul dreams of the dance of the divine
and the dewdrops and starlight smiled.

Dr. Antony Theodore
Discipline

Look at a river as it moves to the sea.
It creates its own banks that contain it.
All that moves in the right direction in you
creates its own discipline.
This discipline makes you very happy
And you perform it without effort.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. I published for a long time under this second name. I write to keep her memory alive as long as I live.)

Dr. Antony Theodore
Dissolution Of The False Self Is The Answer

The illusionary self paralyzes man and obscures reality. He is his own worst enemy.

Dissolution of the false self is the answer to most problems.

Man is an exile in a world of objects, each one capable of deluding and enslaving him.

Man is held captive in the complex and painful network of loves and hatreds, desires and fears, lies and excuses.

(Graphic: Exile — Film Festival One World)

Dr. Antony Theodore
Divine Love Penetrates The True Being.

There is an extreme point at which man’s nature touches the Absolute.

His ground or substance, his true being is penetrated by the Divine Love.

The experience of the divine love reveals to the mystic the underlying reality of things.

This is the basis on which the whole mystic claim of possible union with God rests.

It explains asceticism and the self-renouncing life.

Dr. Antony Theodore
Divine Unrest

Mysticism is seen as the "one way out" for the awakened spirit of man.

It is the healing of that incompleteness which is the origin of our divine unrest: the inevitable reaction of the fully conscious fully living soul upon 'Eternal Truth', true love, and Loved Eternity.

(The reader may refer to St. Agustine, Confessions, bk. Vii Chp.10) Comp. Meister Eckhart "I am sure that if a soul knew the very least of all that Being means, it would never turn away from it" (Mystische Schriften, P.137).

Dr. Antony Theodore
Do I Have A Need To Manipulate Others?

Ask yourself
Do I have a need to manipulate others?

Does this need originate from
my desire to succeed by all means?

Does it originate from
my own irritations and feelings
that I am not aware of?

Does it originate from my Ego?

Dr. Antony Theodore
Do Not Focus On What You Don't Have.

Do not focus on what you don't have.

I refuse to be happy until my sickness is healed.  
I refuse to be happy until my neurosis is cured.

My good news for you is:  
You can be happy even with neurosis and sickness.

You are thinking and focusing on what you don't have.  
That is why you don't experience pure joy now.

Believe...  
Just now, you have everything to enjoy perfect bliss

Do you believe it? Can you believe it?

Change your way of thinking.  
It will lead you to bliss.

Dr. Antony Theodore
Do Not Live In Thousand Yesterdays.

Living in the past however good it is
prevents the experience of "The Real".

Do not live in thousand yesterdays.
The mind gets conditioned by the past.

Dr. Antony Theodore
Do Not Stop To Dream

Believe in yourself.

Follow your heart.
Trust on your strengths.

Enjoy the little things around you.

Never stop to dream.

(Graphic: Karen Jenkins saved to Natural Art & rest)

Dr. Antony Theodore
Do Not Turn Away From Light

My soul is calling me
every hour of every day.
This has been always true.
But only now i know it.

It is unbearable
to turn away from the light
which is the source of my ecstasy.

I realize
any other possibility is false.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
Do You Feel Stuck In Discouragement?

Do you feel stuck in discouragement?  
If so, you are not alone.  
Experiences of dashed hopes  
can turn into discouragement,  
which hovers like a dense cloud  
with no sense of joy or contentment.

The way we respond is a choice.

We can either let sadness overwhelm  
our souls or face the situation  
with courage and bring it  
before the One who can help us.

Frustration may develop into depression,  
which in turn can estrange us.  
Do not be bitter and defeated.  
This isolation leads to a low self-esteem.

Choosing this self-destructive path  
is not God's best for our lives.

Trust God in everything  
even in our unmet expectations  
and deepest sadnesses.

Remember, there is a divine purpose  
for everything He allows to  
touch His children's lives.  

(Graphic: exploring emotions: la forza della fragilità - Eleonora Oleotto)

Sola In un letto bianco e morbido che in realtà mi appare freddo come marmo e triste come il colore della pece. Mi hanno aperta, mi hanno tagliata. Hanno visto il mio cuore. Quel cuore che...
Dominated By The Spirit Of God

The contemplative, who had restored in his own soul the image of God, is the truly free man.

For he alone could walk with God, as Adam had walked with Him in Paradise.

The new free man's life is dominated by the Spirit as opposed to human reason.

Dr. Antony Theodore
Draw Ourselves To Wholeness.

The power of imagination
is like a lantern.

It illuminates the inner landscape
of our brains and our hearts.

Don't see only dullness in the world.
Let not our observations be
repetitive and blind.

Such Blindness in observation
can dampen our spirits
and press us down to lack of joy.

Draw ourselves to wholeness.

Dr. Antony Theodore
Dreamers

We need dreamers
We haven’t too many.

Dreams stored up
in the recess of the soul
is the treasure of human heart.

Dreamers, do dream
For we haven’t too many.

Pity the heart
that cannot dream.

Dr. Antony Theodore
Dreams Come From Heaven

There is a land
where Dreams dance
in tremendous joy.

They dance on the angel's wings,
on the soft tail of the white dove.

They lie flat and sleep
on the dancing feathers
of the colorful peacock.

At the birth of the dusk
dreams fly down
from the heavenly caverns
to earth's sweet shore.

As the moon shines
they begin to dance
on the shining waters of
the mild flowing river,
in the secret village
where farmers sleep
and the sheep lie cozily.

Dreams dance
on the lips
of lovers
who spend the night
on the riverbanks
hugging and kissing
giggling and hissing.

Dreams come from heaven
to make love a dream.
God cares for you and me
he puts you and me in motion
of heavenly love.

(This was published in Starlite Cafe under the name of my mother Genova by
me).

Dr. Antony Theodore
Dreams Cry In Me

Dreams cry in me.
The angels hear it.
Desires are burning like fire in the air.
Who will quench my thirst?
Would you my dearest angel?

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
Dreams, Will You Carry Me On Your Wings?

Dreams, will you carry me on your wings?
to fly with me to the land of freedom
into the land of light
where shadows don’t exist.

Endless grace enters into my inner caverns.
Grace embraces me in hope and joy.

Look! new memories take shape
in celestial light
to remain with me
to comfort my suffering soul.

Dr. Antony Theodore
Drop Down Dew From Above

Drop down dew from above.
Let me dance in the mild dew.
Let the clouds rain
from the glorious heavens.

I opened my heart
to dance in the rain.

The angels saw it
and danced with me.

When the wings of the angels
got wet I wiped it dry.

They Poured down their graces
from their glorious abode
and filled my little hut
with the light of their faces.

And the angels told me:
"Sing forever songs of love.
Love and truth shall reign
in the heart of the seeker."

God shall be your rock and fortress.
You shall not fear in tribulation.

Peace shall reign on earth

Dr. Antony Theodore
Dry My Tears!

Dry my Tears!
My heart cries out to you,
oh Lord, my God.

Ease the hurt,
relieve the pain.

I release it unto You.

These tears that fall and glisten
shall rise up to you
to your holy throne.

Then shall you know
the heat of my tears
that fall on your feet.

You are my savior.
You alone can heal me
my wounds deep down in me.

Dr. Antony Theodore
Dwell Deep In My Being.

Dwell deep in my being.
Love more than you loved me till now.
Exceed in your love
from the usual norms.

Do not set limitations
for your love for me.
Then you will be surprised
to which wonderful person
you will develop into.

Listen to the divine call.
Come to me and enter into me.

You will become a New Being.

(Reference: Mk 10,17-30 in the New Testament of the Holy Bible. A young rich man comes to Jesus and asks what shall I do to attain eternal life? Jesus answers: Obey the Commandments of God. He tells: I have obeyed it from my youth. Then Jesus looked at him lovingly and said: Go and sell all that you have and give to the poor and come and follow me) .
This passage of the holy Gospels influenced me to write this poem.

Dr. Antony Theodore
Dying I Enter My Home

On the white sands of the shore
There a came a wave
It came up to my feet,
touched my feet
and washed it.

Receding,
it gave me
the bubbles and white foam
dying instantly
as it joined the mighty sea.

The sea is my home.
By dying to the shore
I enter my home.

Dr. Antony Theodore
Eager Lips

It is for you I wait
before my own inner shrine.
You promised that you would come.
I shall wait the whole night through
until the morning rays fall on my hair.

I have nothing to offer you,
only my waiting, eager lips.

(I published this poem in Micropoet under the name of my beloved mother
Genova Maaa who passed away at a young age. Published for a long time with
this second name)

Dr. Antony Theodore
Eat God's Words And Messages

God speaks his infinite love
and lifts our souls to new heights.

He asks us as he asked the prophet Ezekiel.
"Son of man
feed your belly
and fill your stomach
with this scroll
I am giving you.

I ate it
and it was sweet as honey
in my mouth.

(The Book of the Prophet in Holy Bibel chapter 3: 3)
'Scroll' symbolizes the words and messages of God given especially to the Prophet.

Dr. Antony Theodore
Ego And Love Cannot Be In Harmony

Ego does not know the unknown and unknowable.
Ego does not know the transcendent.

Love’s way is a real spontaneous way to the unknown and unknowable.

Ego talks about itself.
Love refrains from it.

Ego boasts.
Love simply smiles.

Ego does not rest on the Real Self.
Love knows only to rest on the Real Self.

Ego embraces the False Self.
Love does not know the False Self.

Ego and love cannot be in harmony

Dr. Antony Theodore
Ego Opposes Itself To The Infinite

The mystics aspire to infinitize life
and to define infinity.

They go from conscious to the subconscious
and from the subconscious to the conscious.

The obstacle in their path is not consciousness
but self-consciousness, the consciousness of the Ego.

The Ego is the limitation, that which
opposes itself to the Infinite.

(Graphic: Pinterest • The world's catalog of ideas)

The secret to inner peace is silencing the ego and surrendering to the silence
within where the infinite wisdom of the soul resides. Enza Currenti)

Dr. Antony Theodore
Elevate Human Love To The Sacred

Human love is not merely emotional.
It contains the element of insight.

Elevate human love to the sacred
Elevate human love to charity.
The insight that guides charity is faith.
Pay attention to the insight of faith.

Heed the voice of God in your heart.
Follow the informed conscience
through which God speaks to you.

Dr. Antony Theodore
Embedded In The Deepest Recess, There Is A Dream.

You are a child of eternity
Nothing shall frighten you.
Become all that you can be.

Look at the gifts that you possess.
Make peace with your shadows
and venture into the gracious light.

Show the world what you are worth.
Embedded in the deepest recess
of your heart, there is a dream.
Find it and live it in full swing.

I repeat to myself every night
„I shall surrender only to love“.
(Graphic: Inner Peace | Kinked m)

Dr. Antony Theodore
Emotional Associations

A child burns her hand on the stove
and a fear of fire begins.
In a tender moment, a hand is slapped
and a fear of love begins.

Our emotional associations
and reflections run deep.
Heart breathes beneath all our associations
like a soft sandy bottom waiting underwater.

Try to still our associations
till we are as transparent as a calm lake.
When still enough and clear enough
others can also see through
to our bottom.
It makes love possible again.

So stay with our feelings long enough
till the ripples settle.

Dr. Antony Theodore
Enjoy The Ecstasy Of True Romance

Discover love in yourself.
Find the boundless soul of love in you.
Enjoy the ecstasy of true romance
until your life becomes self-sustaining
acts of passion, romance
that ends in spontaneous
spiritual fulfilment.

(Graphic:

(This was published in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Enlighten The Eyes Of My Heart.

You are like a bird with a large wingspan.
You conceal me under your wings.
I shall find my refuge there.

Do not allow my heart to be proud.
Make my eyes not haughty.
Reveal your mysteries in secret
when I come to you in prayer
pleading with a lowly heart.

I humbly implore your majesty.
Let me find favour in your sight.
I set my soul in silence and peace.
Enlighten the eyes of my heart.
I bow before you the Lord of the Universe.

Dr. Antony Theodore
God is truly immanent
in the human soul
as in the universe.

One who seeks the Reality
makes an outgoing journey
from his own self.

It is like a journey
from the world of illusion
to the real or transcendental world.

To him personally,
he may see it
as inward change or a regeneration,
by which his personality
undergoes a change.

It makes him able to enter
into communion with the One,
whom his heart loves and cherishes.

Dr. Antony Theodore
Entering Into The Inner Cave With Joyful Anticipation.

One finds his life only by losing it.

Bury Your life with and in The Almighty.

Enter into the walls of the inner cave with joyful anticipation.

All of the mental and physical resources should be mustered and attuned to the ‘transforming and life-giving love into which one enters and experiences in the inner cave of sanctum sanctorum

It is in faith one submits and surrenders.

(sanctum sanctorum (Latin)= Holy of Holies)
(Graphic: joyful anticipation.. Pinterest. Genovamaaa's collections)

Dr. Antony Theodore
Eternal Love Influences

Eternal love
influences the Seeker
and the whole personality
rises in the acts of contemplation
to a level of consciousness
at which it becomes aware
of a new field of perception.

This new awareness
leads him to a new life in God.

Dr. Antony Theodore
Eternity Is Right Now.

Eternity is right now.
Are you proud of your past?
Are you ashamed of your past?

Just forget the past.
Do not repent for your past. Be awake! ! !
Eternity is now; just now.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Ever Forward Never To Return.

Light of my life,
dance at the centre of my being.

The light opens my heart
and I hear the laughter
of innocence in my being.

It is a world of lilies and jasmines.

Here I walk with the light
in harping melodies unheard
ever forward never to return.

(This was published in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. Published for a long time under this second name. I write to keep her memory alive as long as I live.)

Dr. Antony Theodore
Every Emotion Has A Reason To Serve You.

Every emotion has a reason to serve you.  
So let the emotion rise.

Release it by crying,  
screaming, losing your temper,  
or shaking with fear.

Spiritually you are  
the creator of your reality.

Do the inner work and it will  
lead you to emotional healing.

(Graphic: 355580)

Dr. Antony Theodore
Every Heart Needs A Home.

Every heart needs a home.
Everyone needs some one to love
to give love and to receive.

In the absence of anyone to love
go to nature and find the colors
of nature and the perfume and beauty
that flowers emanate.

Take time to be in nature.
Be silent and see every blade of grass.
Be with the unseen presence of the Almighty.

Fill your heart and pray for a deep love experience.
Be sure, God is going to give you a real love.

Dr. Antony Theodore
Every moment of existence is a grace
Every breath we draw is a gift of God's love.

Come out of the dark night of our blindness.
Walk in the daylight of simplicity and surprise.

Delight in the favor of God anew every day.
The all-pervasive presence of God graces us.

Dr. Antony Theodore
Every Person Is A Piece Of Gold.

Every person is a piece of gold.

You are
A gold ring,
A gold watch
A gold chain
And you say:
I am a ring, a watch, a chain.

But don't you understand
These are only temporary shapes?

In truth, you are gold.
It is your essence.
Shape may change
But your essence does not.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
Everything Changes When You Change.

Identify the negative feelings in you.
They are only in you, not in external reality.
They are not an essential part of your Self.
They are not permanent. They come and go.
Change should occur in you.
Everything changes when you change.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. I published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Evoked By The Awakened Consciousness

The quest for God
evoked by the awakened
consciousness of the emptiness
of the world is for a return to God,
the ground and the source of all existence.

And this return is only possible
by detachment and 'death'
in the exterior self,
so that the inner self,
purified and renewed,
can fulfill its function
as the image of the divine.

Dr. Antony Theodore
Experience Of Lucidity, Vividness, Intensity.

The poet translates abstractions according to their distinctive art of presentation into representative symbols.

Inner experiences are depicted in relation to life.

Artist and priest both try to weave together the segments of human experience that flow through consciousness and achieve a mosaic that gives the total experience of lucidity, vividness, intensity, and depth.

Dr. Antony Theodore
Faculty Of Spiritual Vision.

There is a faculty
which is capable of spiritual vision.

It is something definite.
It is a bit of man or woman.
It is beyond all concepts of time.

It is something different
from the rest of human nature.

It is the art of the redemptive
remaking of personality.
It is the art of self-transcendence.

Dr. Antony Theodore
Faith And Reason A Perennial Problem

Our beings spring from God. We do not possess our beings in ourselves.

It is by faith I find my true being in God.

The power of the intellect to arrive at union with God is even less than that of ascetic techniques.

The relation of faith and reason is one of the perennial problems encountered by the philosopher and theologian.

How far a man trusts his senses and to what extent can he trust his intellect to discern reality?

Dr. Antony Theodore
Fall In Adoration In My Beautiful Being.

Fall in adoration in my beautiful being.

Watch the little birds in flight.  
They have a sense of happiness.  
Watch the bright blue sky.  
It allows the birds to fly,  
play on its chest  
and flutter their wings in intense joy.

This glorious evening do I love.  
It is so quiet and serene.  
In these moments of solitude  
I feel that my God is so close to me.

It has become dusk.  
Let me light my little oil lamp.  
I place it in my heart’s cave.

I ring the golden bells  
and invite the universe to fall in adoration  
in my beautiful being.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive). 

Dr. Antony Theodore
Falling A Prey To Self-Pity Without Faith.

Why would God let us suffer and go through so much pain?

Maybe our reasoning is backward. We think the faithful don't deserve to suffer, but from God's perspective, suffering is what produces faithful believers.

If we all had lives of ease without opposition, trials, or pain, we'd never really know God, because we'd never need Him.

Pain, persecution, and adversity, can be God's greatest means of building faith.

Without faith, we would fall a prey to Self-pity.

Dr. Antony Theodore
Falling In The Dream Of Another Life.

A flower in full bloom
does not want to be a mango.
A fish dancing in the water
does not want to become an elephant.

A tiger in his majesty and strength
does not want to become a lion.

But we humans find ourselves
always falling in the dream of another life.

We secretly aspire to the fortune
or fame of people we don't really know.
when feeling badly about ourselves,
we often try on other skins
rather than understand
and care for our own.

Every weed and ant and every rabbit
has its unique anatomy
and they don't dream about
being another creature in nature.

The universe reveals its abundance
most clearly when we can be who we are.

Dr. Antony Theodore
Feeling Of Incompleteness Without Love

Is the experience of love a rush of emotions?
Is it simply the warmth of the heart?

Is it a feeling of wonderful exhilaration?
Do we wait for years to fall in love?

Is it a wing of hope soaring high into new heights?
Is it the symphony of silence?

Does it fill the void in me?
Does it paint fresh desire on the walls of my heart?

Do I float in my dreams when it seems so real?

I do not feel complete without being in love

Dr. Antony Theodore
Fill The World With Your Song

Fill the world with your song
Forget your troubles.

Let your heart sing.

On golden wings fly high
to the world of your dreams.

Throw down from the heights
all your dark and grey thoughts.

As it falls catch it and sell it
to buy the morning rays.

Then you will be happy
a whole life long.

Happiness is your birthright.
Be free like a flying bird.
It is going to be a wonderful day.

Dr. Antony Theodore
Fill Your Lips With The Wine Of Love.

I was praying intensely
for a long time.

Then to my surprise
i saw an angel
coming down from heaven
with a golden plate in her hand
full of ripe grapes
in red crimson colour.

Angel looked at me and smiled.
The angel came closer and told me:
'My beloved, now stop praying
eat these grapes and fill your lips
with the wine of love'.

Dr. Antony Theodore
Find The Love Living In Your Heart.

Have the strength to know that you are love.

Love is the essential reality.  
It is the purpose of life.

Experience love in yourselves.  
Meditate and find the love living in your heart.

Know that love is in you.  
It is born in you.  
It lives in you.

God makes you loveable.

The strength to give this love to others comes in meditation.

That is the joy of the wonder, you will see working in you without your own knowledge.

Forgive yourself.  
Forgive all others who offended you.  
Then you receive the strength to know that you are love.

(Graphic: Love Yourself to Dance: a Healing Dance Experience with Bianca Brzezinski: In Oakland, CA)

Dr. Antony Theodore
(Be determined. Fight your way through. Let go the past. You are a great person because God wills so. This is my advice to you).

You are a saint in the making.
Life flows upwards from the roots,
Not downward from the branches.

Wake up from the delays,
obstacles and backsliding.

Let go of the past.
Give yourself a second chance.

There is no fall from grace,
only a very long furlough.

Find your place in the rising arc
And keep on moving forward.

Published on October 07, 2010 in Poetfreak under the name Genovamaaa. Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
Finding Life By Losing Itself In God

Be convinced
that one finds his life
only by losing it.

Be ready to bury
the life in God.

Enter into God's presence
with joyful anticipation.

All the mental
and physical resources
should be mustered
and attuned
to the 'transforming
and life-giving
effect of the nearness to God.

Dr. Antony Theodore
Finding Myself

I am on my way
of finding myself
like the darkness
forced to give way
to the new-born dawn.

Dr. Antony Theodore
Flesh Of My Flesh,

Flesh of my flesh,
soul of my soul,
blood of my blood,
wounds of my wounds,
i am ready to die for you
on the holy cross.

(Passion of Christ Mel Gibson)

Dr. Antony Theodore
Follow The Singing Birds

Everyday is an adventure.
Every day is a new discovery.

Very often we go alone the same ways
without looking on the left and the right.

How will it be when we follow the Sun
or simply the white clouds on the blue horizon
Or follow the singing birds
that sing to us every morning?

May be it will lead us to the coffee house
or to our dear friend who waits for us.

May be it may lead us to our own beautiful self
and then to the loving sanctuary of God.

Dr. Antony Theodore
Follow Your Bliss

Bliss is inspiration.

By giving up intentions originating from the ego, one feels that he is called to do something highly meaningful.

Self-gratification is still intense.

But the sense of being outside of yourself is often present.

When God takes over, the fruition of your desires gives bliss, whereas the fulfillment of the ego desires, do not bring this bliss.

Dr. Antony Theodore
For The Recovery Of Inner Paradise.

A spiritual poet wants to be moulded into the image of God.

Image of God is pure love.

By writing poetry, the poet undergoes a spiritual baptism that fills the mind and being with the spirit of the Almighty.

He enjoys the freedom and peace of a wilderness existence in moments of meditation.

He often returns to the desert for the recovery of inner paradise.

Dr. Antony Theodore
For Whom My Purple Heart Beats.

Come and lie on my lap my beloved.
I shall caress you and comfort you.
Relieve yourself from stress.
Be calm and quiet.
Bide awhile,
sleep awhile on my cosy lap.

I am yours.

Under the flower tree
I sit with him on my lap
and play mellifluent melodies
on my little flute.

I play and sing only for him.
He is my lover
and my only one,
for whom my purple heart beats.

Dr. Antony Theodore
Force Without Limits.

If we accept that the energy
to heal the world
can be obtained through love,
we arrive at the conclusion
that love is the most powerful force there is,
because it has no limits.

Dr. Antony Theodore
Forgiveness

If knowledge was our greatest need
God would have sent to us
a universal genius.

If technique was our greatest need
God would have sent us a scientist.

If money was our greatest need
God would have given us an economic expert.

If conversation was our greatest need
God would have sent to us
a conversation expert and a psychologist.

But since our greatest need
is the ability to FORGIVE,
Holy Scripture was sent to us,
inspired by God the Almighty
which teaches forgiveness.

If we listen to the message of Forgiveness
in all Religions
we shall be great human beings.

Peace will remain in our hearts
as a permanent guest sent from
The Almighty and The Merciful.

Dr. Antony Theodore
Forgiving.

We don’t need two to forgive.

Look deep into yourself.
Call the name of your God.
Then decide to forgive.

Problem of forgiving
do not exist for you anymore.

We don’t need two to forgive.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Freedom Is A Sacred And Religious Reality.

Seeking emancipation and liberty we put ourselves in chains.
Freedom is spiritual in the real sense.
It is a sacred and religious reality.
It's roots are not in man, but in God.

Struggle for freedom means a struggle to renounce a false, illusory autonomy, to become free beyond and above oneself.

To be free, he must be delivered from himself.

Dr. Antony Theodore
Freedom Is A Spiritual Reality.

Freedom is a spiritual reality.  
It's roots are not in man but in God.  
Man is created in the image of God.  
He participates in the freedom of God.

His struggle for freedom means  
a struggle to renounce a false  
illusory autonomy, to be free  
beyond and above himself.

Before any external freedom  
he finds the freedom within himself.

A contemplative who restores  
the image of God, in his own soul  
istruly a free human being.

He alone could walk with God.

(Go into the darkness, then

I read this and thought, &quot;but you're alone either way! &quot; MYBIBLE: COM)

Dr. Antony Theodore
Freeing The Soul From The Fleshly Love

To liberate the more deep seated power,
which can raise itself
to the highest pitch of efficiency,
the superficial self compels itself to be still.

It is a sort of holy idleness
and a rest most busy
in which grace looses
the heavy yoke of fleshly love
from the soul and makes it mighty
and free through the gift of spiritual love.

Dr. Antony Theodore
Freely, Simply, Spontaneously

Freely, simply, spontaneously,
from the depths of my heart,
moved by love, should i go to God.

The struggle of Jacob
with the angel is the
archetype for the
spiritual ascent.

(The description of Jacob's ladder appears in Genesis 28: 10-19: And Jacob went out from Beer-sheba, and went toward Haran.... And he dreamed, and behold a ladder set up on the earth, and the top of it reached to heaven; and behold the angels of God ascending and descending on Bible)

(Haven clipart jacob's ladder - Pencil and in color haven clipart...
Haven clipart jacob's ladder #12 Pinterest)

Dr. Antony Theodore
From Communion Rather Than Communication

Our very existence is a creative capacity for perfect union with God.

Our union with God is our true person. It is who we are and not any thing we know.

It is precisely our identity that emerges from our false self or from all that we supposed that we were.

The identity-giving relationship with the living God emerges from communion rather than informative communication.

Dr. Antony Theodore
From The Depths Of Truth Erupt The Mystic's Insight

As opposed to human reason
a free man's life is dominated
by the Spirit of God.

God experience defies expression.
A mystic has to express
the inexpressible.

The mystic's insight erupt
from the depths of truth.
These insights are illuminations
revelations, and full of significance.

Dr. Antony Theodore
From The Depths Of Truth Erupt The Mystic's Insight.

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a free man's life is dominated
by the Spirit of God.

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A mystic has to express
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The mystic's insight erupt
from the depths of truth.
These insights are illuminations
revelations, and full of significance.

Dr. Antony Theodore
From The Many To The One.

The attraction and the mutual desire between man’s spirit and the Divine Spirit is the link of love which knits up reality and draws all things to their home in God.

This is the universal law on which all mysticism is based.

This natural intense attraction, then, once he is aware of it, will draw the pilgrim irresistibly along the road from the Many to the One.

Devotion embraces the whole contemplative life.

Dr. Antony Theodore
From The Talmud

When Akiba was on his deathbed, he bemoaned to his rabbi:  "Rabbi, i am a failure. I have not achieved anything in my life. Why should I live like this?"

His rabbi moved closer to him and asked why.

Akiba confessed: "I did not live a life like Moses. I am just a failure. The poor man began to cry and said:  "I fear God's judgement."

At this the rabbi hugged him and told in his ear:  "God will not judge Akiba for not being Moses. God will judge Akiba for not being Akiba."

Dr. Antony Theodore
Fruit Of Surrender Is Ecstasy

Feel the peace
that enters you
when you trust that 'love'
is at the 'core of your nature'.

Look!
In this peace,
you perceive
a 'Seed of Sweetness'
at the very centre of the heart.

In a surrender to the Spirit,
with patience and devotion,
you nurture from this 'Seed'
the supreme state of joy
known as
'Ecstasy'.

Published on October 18, 2010 in Poetfreak under the name Genovamaaa. Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
Full Of Fragrance And Innocence

Open are my windows.
Come my lover.

He comes in the secret night
to my window to look at me in innocence.

Dreaming of rosy soft kisses
full of fragrance and innocence
as the lilies in his hand
i lie bare only for my lover.

(Graphic:

(This was published in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. Published for a long time under this second name. I write to keep her memory alive as long as I live.)

Dr. Antony Theodore
Gather Strength In The Island Of Tranquility.

Relax and be at rest.
Breathe again, breathe easily.

Unwind, come to peace,
find yourself, come to God.

In the silent moments,
gather strength
in the island of tranquility.

Renew our lives.

God speaks at times
first in silence
to our hearts.

God created us
to live in loving companionship
together with him.

For that reason
our hearts shall not be at rest
till it finds peace and joy
in him the only creator.

Dr. Antony Theodore
Get In To Contact With Your Own Liveliness.

Step inside and get into contact with your own liveliness.
It is the deepest spring of contentment.
It is independent of the age.

Your liveliness and the ability to enter into dialogue with your own self has its own beauty.

It is a beauty that comes from your own self-fulfilled life with the emanating quality from living warmth and joy.

(Graphic: Photobucket Genovamaaa's collections)

Dr. Antony Theodore
Give Me A Sweet Little Kiss On My Nose

Listen, the nightingale sings.
The moon listens.
Your gentle voice
pierces through my soul.

You are there in my dreams.

Your smile, your playful ways,
your silly jokes, my laughter,
my fears and your anxieties,
all those memories.........

Shall I silently weep?
Would you come to wipe
away, my tears and give me
a sweet little kiss on my nose?

(Graphic: 19 Powerful True Love Quotes For Idyllic Hearts
The Bridal Box)

Dr. Antony Theodore
Give Me Now The Laughter Of An Angel.

Earnestly I seek you and trust in you.  
My flesh faints for you  
and my heart pines for you.  
I love you above all things.

Where are you, my God?  
My whole being longs for you.  
Lord have your way in me.  
I am ready to submit myself  
to your most holy will.

Give me a sunbeam to warm me today.  
a moonbeam to charm me at night.

Give me the laughter of an angel  
when I am in trouble and in tears.

Dr. Antony Theodore
Give Me The Power Of Endurance.

Walk beside me
i am nervous.

I want to limit the path
that leads me to you.
I like to take short cuts.

Lead me, guide me
and be with me.

Give me the power of endurance.

Dr. Antony Theodore
Give Me The Power Of Reflection

Refresh my spirit now
my loving king of my soul.

Show me the spring of living waters
that flow down to me from you.
Help me to drink enough
from your well and quench my thirst.

Give me thoughts.
Make me take actions.
Give me the power of reflection
that will lead me to you.

(Graphic: in-gods-hands-matthew-odegard-600c397444_2015050912414)

Dr. Antony Theodore
Give Until It Pains You.

Do not be a human being
who stretches his hand
only to receive
and hides his hands
behind his back
when the poor
stretch their hands.

Giving is heavenly.
Give until it pains you.

The inner joy that you receive
in giving is uncomparable
even when the poor who received
do not respect or think of you.

Dr. Antony Theodore
Give Up The Aiming To Please.

Dare to give up aiming to please.
Eagles soar and glide in canyon air for hours.
The fact that one no one knows it
or take notice of it or praise it
does not affect their ability and desire to fly.
Dare to give up aiming to please.

(This was published in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Give Yourself In Love.

Nurture the sense of vocation
to make the entire existence,
a vision of love and truth.

Lead personally an ascetic life.

Daily life should become
a practicum for mystical purgation.

Struggle to give oneself,
completely to God.

Give yourself in love.

Dr. Antony Theodore
God In Nature

Along the river banks
I strolled for a while
lost in meditative thoughts.

Looked at the beauty
of the distant mountains
grasping the greatness
of my God living in nature.

The beauty of creation
proclaims the glory of God.

I wonder at the heart of God
from where all this beauty
generates and flows down to us.

(Graphic: Photographic Journey 25_zps6as4tojm)

Dr. Antony Theodore
God Alone Can Heal The Inner Wounds.

God alone can heal the inner wounds.
Wait for God to come.
Wait in meditation and prayer
with a loving heart.

Your readiness to forgive
is seen by the angels of God.

When God descends from the heavenly throne,
the angels will sing and dance
and tell God about your loving heart.

God alone can heal the inner wounds.

Dr. Antony Theodore
God and your soul
are in perfect communication.

But ego needs,
distortions of perception
lack of self-worth
traumas and wounds
break down the message.

All these obstacles
exist in consciousness
and can be cleared away.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
God And Soul In Communication.

(Let not this communication break..... it is pain to be away from God) .

God and your soul
are in perfect communication.
But ego-needs,
distortions of perception,
lack of self-worth,
traumas and wounds
break down the message.

All these obstacles
exist in consciousness
and can be cleared away.

Published on October 08,2010 in Poetfreak under the name Genovamaaa.
Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
God Answers By Fire

God answers by fire

Elijah proclaimed his faith
to prophets of Baal:
"put your offerings on the wood
but light no fire under it.
Elijah challenged the prophets.
Pray to your God Baal.
I shall pray to my God
The God who answers by fire
is the true God.

They called on the name of God
Elijah called the name of his God.

God Almighty, the true God
Answered by fire.
Fire came down from heaven
Burned the offerings of Elijah.

(Reference to the 1st Book of Kings chapter 18: 16-24,30-40)
(What do I mean when I say that God is a God of fire? We first see this thought
in Exodus 3, when Moses heard a voice speak to him from the bush that was
burning but was not consumed in the flames. In Exodus 13, God points the way
for the Israelites in the desert as a cloud by day and a pillar of fire by night. And
in Exodus 19, God appears as a fire on , where Moses received the law. In fact,
in Exodus 24, God appeared as a consuming fire, a familiar verse quoted again in
Hebrews 12: 29 - "our God is a consuming fire."

(These are all references from the Holy Bible)

(Graphic: God Answers by Fire 1 Kings 1838._zpsqxntdy9)

Dr. Antony Theodore
God Beyond All Religions, Help Me.

Almighty God,
God beyond all religions,

help me not to resist my life.

Help me to be guided by
the light and welcome life.

I lift up my thoughts to you.

Transform me as you will.

Help me to seek the positive
in each situation of my life.

Learning from life
every day and night
I go forward trusting in God.

(Graphic: Praying hands by the sky stock photo. Image of religious - 2872616)

Dr. Antony Theodore
God Comes To Me In The Kisses Of My Mummy.

I am always safe with my mummy.
Mummy is a kangaroo.
I lie on her porch.
Cosy is it there.
She carries me everywhere.
I sit safely on her lap
and I am the happiest
child on this planet.

My Mummy is the best.
God comes to me
through the kisses of my mummy.

Dr. Antony Theodore
God confronts us with His divine magnificence.

God's creation of life
clearly and obviously
defies explanation
in terms of accidental processes.

In life, perhaps more than
anything else in Creation,
God confronts us
in an undeniable way.

God is confronting us
every day with his divine
presence by confronting
us with His divine magnificence.

Life compels us
to acknowledge God
as the maker of all things.

(Graphic: Moral Creator, Moral Creation: Why Atheists Deny God - Darrow Miller and Friends)

Dr. Antony Theodore
God Counts On You

God alone can create,
but you can bring to fruition all that is created.
God alone can give life,
but you can be mindful of and respect the given life.

God alone can give faith,
but you can give your testimony of faith by your examples.
God alone can plant the hope
but you can give your neighbor confidence, in need.

God alone can give love,
but you can love and teach others to love.
God alone can give peace, but you can endow unity.

God alone can give the joy, but you can smile and show to the world that you are really happy.

God alone can give strength, but you can lift the discouraged up to life.

God alone is the way, but you can show it to others.
God alone is the light,
but you can help it to glow in the eyes of others.

God alone can work wonders
but you can bring the five loaves and the two fish so that God may multiply it for the multitude.
Only God can do the impossible, but you can do what is possible.

God alone is self-sufficient, but he has preferred to count on you.

Dr. Antony Theodore
God Destined Us in Love

God destined us in love
to the praise of God's glorious grace.

God revealed himself to us
in all his wisdom and insight.

God's plan is directed
to the fulness of time.

God will unite all things in him.
So is the joy of God.

Dr. Antony Theodore
God Does Not Sleep

Trust in the Lord,
simply trust always.
God loves you and me
in the night and at the dawn.

God does not sleep
because God has to watch over you.

It is God’s love
which makes me trust in life.

Dr. Antony Theodore
God Experience Defies Expression.

God experience defies expression.
The problem lies in expressing
the inexpressible.

The mystic's insights erupt
from the depths of truth
unplumbed by the discursive intellect.

These insights are illuminations,
revelations, full of significance.

It is of importance and inarticulate.
The sense of mystery is deep and intense
that words fail to communicate it.

(Graphic: Seeking God vs. Seeking Experiences | The Uncommon Journey)

Dr. Antony Theodore
God Holds Me And My Future In His Loving Hands.

What does my future hold for me
I do not know.
But i am sure God holds me
and my future in His loving plan.

He turns His ear unto me
when icall him in my distress.

I soar high on God's wings.
I shall never be weary of flying
because God flies with me.

I trust in my God.
God is my mother.
God's strength is my strength.

(Graphic:
take these words. | a little taste of sunshine.
- )

Dr. Antony Theodore
God Is A Consuming Fire.

The experience of union
is a transforming one
affecting every particle of
one's being, every attitude and every act.

God is a consuming fire.

Whether he eats or drinks
or whatever else he does,
does all for the glory of God.

Such a person is free to act,
freely, simply, spontaneously,
from the depths of the heart,
moved by intense desire of love.

God is a consuming fire.

(Graphic: God Is A Consuming Fire, "Tim Consley March 25, 2012
Versailles...
YouTube)

Dr. Antony Theodore
God Is A God Who Forgives.

Sin always separates the sinner from the protective love of God.

Repent and go to God.
Fast and pray.
Be on your knees or prostrate before God's forgiving presence.

God is a God who forgives everything and everyone.

(Graphic: All our Lemmony Things

Dr. Antony Theodore)
God Is A Loving Mother.

I am your mother, loving and holy. 
Come and suckle from my breasts 
until you are no more thirsty. 
From these consoling breasts 
you can always savour with delight. 

Mine are glorious breasts. 
You are my beloved one, 
my child born in intimate love. 
To whom shall I offer my breasts 
if not for you always and evermore. 

- - - 
From my mother flows peace 
like a river and like a stream in torrents. 

On her breast alone shall I sleep. 
Like the nursing infant 
I will be fondled in her lap. 
- - - 

Like a son comforted by his mother 
shall I comfort you. 
Like a daughter of her heart 
I will caress you in love. 
- - - 

At my sight your heart will rejoice. 
Your bones will flourish like the grass. 
.... 

Reveal to me O my mother 
Reveal yourself to me 
when I kneel in prayer before you. 

Dr. Antony Theodore
God Is At My Heart's Door

Every breath we draw
is a gift of God's love.

Every moment of existence
is God's special grace for us.

Walk in the daylight of
simplicity and surprise.

Delight in the favour of God.
Every day is a new opportunity
to experience the presence
of the benevolence of God.

God is at my heart's door
every dawn and dusk.

Dr. Antony Theodore
God Is Found Only In The Love Of Your Heart

&quoting;For silence is not God,
nor speaking is God;
fasting is not God nor eating is God;
loneliness is not God nor company is God;
nor yet any of all the other two such quantities.
He is hid between them,
and may not be found
by any work of thy soul,
but only by love of thine heart.
He may not be known by reason.
He may not be gotten by thought,
nor concluded by understanding;
but he may be loved and chosen
with the true lovely will of thine heart.
Such a blind shot
with the sharp dart of longing love
may never fail
of the prick, the which is God&quot;

(I took this quotation from the book, An Epistle of Discretion, P.108. The Author is Anonymous).

Dr. Antony Theodore
God Is More Inward To Us Than We Are To Ourselves

Grace pouring forth from God is an inward thrust and urge of the Spirit, driving forth our spirit from within, exciting it towards all virtues.

The grace flows from within and not from without, for God is more inward to us than we are to ourselves, and his inward thrust, be it natural or supernatural is nearer to us and more intimate to us, than our own efforts.

(Graphic: God Quotes Quotes Pictures, Whatsapp Picture and Images Beautiful eyes of God)

Dr. Antony Theodore
God alone is my refuge,
my place of safety.

I believe in the sun
even when it is not shining.
I believe in love
even when I am depressed,
alone and rejected.

When I call on God
God sleeps in silence,
sometimes to test me,
the depth and earnestness
of my call in pain.

God loves to test
my eagerness in love.

I honor you my God
even when you keep silent
not caring for me.

But I shall worship you in my heart
in dire straits, sorrows and tears.
You are my only refuge.

Graphic:
(You Are My Refuge - Maranatha! Praise Band Lyrics)

Dr. Antony Theodore
God Is Omniscient

God
revealed Himself to Abraham
&quote;I am the Almighty God&quote; (Genesis 17: 1).

God is all-powerful
Hedoes all that He wills;
and this He can do as He wills,
when He wills, without any limitations.

&quote;Whatsoever the Lord pleased,
He hath done, in heaven, in the earth,
in the sea, and in all the deeps&quote; (Psalm 135: 6).

Nothing can impede His action,
nor oppose His will;
nothing is difficult to Him.

Our works, even the simplest,
require time and fatigue.
God's works, even the greatest,
are performed in one instant
by a simple act of His will.

With a single word„fiat&quote;
He has brought all things
out of nothing:
let it be! ! !
Light, the heavens,
the earth, the seas,
and the whole
universe were made.

(Graphic: Hand from Heaven stock image. Image of gesturing, light - 28902903)

Photo about A helping hand that comes from heaven on bright blue sky background. Image of gesturing, light, child - 28902903)
God Is Pure Being

God of pure being is ...

Unborn and Undying
Unchanging
Unmoving
Unmanifest
Infinite
Invisible and intangible.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
God Is Truly Immanent.

God is truly immanent in the human soul
as in the universe.

A seeker for the Real
may see it as an outgoing journey
from the world of illusion
to the real or transcendental world.

To him personally,
he may see it as inward change
or a regeneration,
by which his personality changes itself
to make him able to enter
into communion with him,
whom his heart loves and cherishes.

(I am trying to spread spiritual ideas without caring for the poetic mode now.)

Dr. Antony Theodore
God Is Waiting For A Time With You.

God, I am so prone to worry, to give up, to lose hope.

Lord I am so impatient.

Help me to rest in your promises today.

Sometimes in loneliness
I cry for you my God.

God is waiting for a time with me

Dr. Antony Theodore
God Knows....   A Simple Prayer

God knew that I need someone
To keep as a treasure in my heart.
Someone who is so true
Fine and caring.

God knew that I need smiles
To go on my hard way
And dress my wounds
With love.

God knew that I need the consciousness
Of someone who thinks of me
In the night when the moon shines
And water sleeps in comfort.

God knew that I need to share
My joys and sorrows
With someone who wiped my tears
And caressed my hair so lovingly.

God knew that I need a lap
Where I can sleep like a sweet cat
And get up to see the first rays of the sun
Which loves to shine in my eyes.

God knew and he gave ...........

(mixing up of the tenses in this poem is intentional)

Dr. Antony Theodore
God Looks At The Humble

God looks at the humble
when he or she prays
from their nothingness.

God does not love the proud.

The Almighty works marvels.
His mercy is from age to age.
He scatters the proud-hearted.

God fills the starving with good.
He protects the poor and lowly.
In his mercy he looks at the humble.

Dr. Antony Theodore
God Loves Me Ardently.

Sometimes I experience
the shattering of my well-laid plans.
It is the tearing apart of my complacency.
I jump into one contradiction after another.

God loves me ardently.
He makes me understand
how small and helpless I can be.

Dr. Antony Theodore
God Made The Stars And Showed Me.

God created stars.
They were shining.

Then God carried the stars in a basket
and climbed up the highest mountain.
He took me with.

Then he began to take the stars
one by one and pasted it on the sky.

After finishing it
God took me,
carried me on his shoulders
and told me
look, my child, I, your father made all this.

God was very proud to show me that.
My eyes twinkled like the stars.
I clapped my little hands in joy.

God looked into my eyes.
Seeing the joy in my eyes
God cried. Tears of joy.

Innocence.

(Graphic: Science and the Bible | Genesis and Genetics
Genesis and Genetics: Google Bilder)

Dr. Antony Theodore
God Made You A Unique Person

God made you a Unique Person

You have been custom-made
by Almighty God, and your days
were ordained before time into being.

God has placed all the parts
of your life in order.
God has your whole life in His hands.

So stop
trying to be somebody else
and be satisfied with
the unique person
God made you to be.

You are made by God.
When you live in that realization,
you will shine brighter than ever.

Walking in God's purpose for you
will turn out to be the greatest
adventure you've ever jumped into.

Dr. Antony Theodore
God Makes His Home In Us.

“God is Love.”

God is Loving;
that is what he is.

That is what he does,
continually
day and night,
to the end of time.

No man-made myth,
no fairy tale
has ever told
any story like this.

No dreamer has ever dreamed
such an incredible truth as this.

God makes his home in us.

God’s love first strikes
the human heart
and then like a prism
distributes it to every part
of the human personality.

(“God is Love”)From the Holy Bible (1 John 4: 8).

Dr. Antony Theodore
God Of Pure Being

God of pure being is ... 

Unborn and Undying 
Unchanging 
Unmoving 
Unmanifest 
Infinite 
Invisible and intangible.

Published on October 11, 2010 in Poetfreak under the name Genovamaaa. 
Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
God Of The Lonely Hearts

My soul is waiting
in the valley of tears.
From my depths
I lift up my soul
Into Your Presence.

Speak to me my God.
My soul has longing
to hear the words of God.
Speak to me in my depths.

God is merciful and loving.
In his love, God will hug me
and take me into God's embrace.
God is the God of lonely hearts.

Dr. Antony Theodore
God Shares His Life With Sinners

God is so omnipotent
that He can change men,
the children of sin,
into His adopted sons.

God calls sinners
to share His divine life.

He is so omnipotent
that He can draw good
even from evil and pain.

The omnipotence of God
is always active and working,
without ever stopping;
and this magnificent,
infinite, eternal omnipotence
is completely at the service
of His infinite goodness.

It is infinite goodness itself.

Dr. Antony Theodore
God Walks With Me.

God is life,
life without a beginning and end.
God is life in fullness.
In the face of all that is bad in the world,
not withstanding the terror and killing,
in spite of poverty and misery,
in the teeth of guilt and sin,
We shall remain hopeful.

God is life in fullness.
This God walks with me.

Dr. Antony Theodore
God Who Made The Stars Also Made Me.

I love reading about how God
made me in my mother's womb.
Whenever I feel like complaining
about some aspect of myself,
I picture God busy putting
finishing touches on me.

And I have to stop and realize
God loves me completely.

Suddenly the things I'm not happy about
become less important as I think that God
who made the stars also made me.
Carefully God made every part of me.

(Graphic: Pinterest: gif animé: étoile
le ramasseur d ´étoiles et d espoir...!)

Dr. Antony Theodore
God Will Comfort You Like A Mother

I want you to be happy,
always happy in the Lord.

Be tolerant and accept others.
Don't be proud and be humble.

Smile and welcome others
Let your joy come out of your heart.

Rejoice and exult with all your heart
when you step into the presence of God,
a presence that you feel in moments of prayer.

Do not have fear.
Let not your hands fall limp.
Love God and he will exult with joy over you.
He will renew you by his love.
He will dance with shouts of joy for you.

In your moments of struggle and sufferings
He will be there with you to kiss and caress
and comfort you just as a loving mother.

Dr. Antony Theodore
God You Are Mystery.

God you are mystery.
How can I ever fathom your depths?

I can only desire to enter
into your fire of love,
into your mysterious light
into your depths
and be lost there for ever.

God of my soul
may I come?

Will you call me
into your mysterious presence?

(Graphic: The Living Way: ONE GLIMPSE OF JESUS

"O God, You are my God; early will I seek You; my soul thirsts for You; my flesh longs for You in a dry and thirsty land where there is no water)

Dr. Antony Theodore
God, Free Us From Our Illusions

The greatest wisdom
is to know that we do not
know anything of God.

Without knowing the unknown
we shall bow down and pray.

Leave our theology and philosophy.
Be humble and prostrate in God's presence.

Submit our faculty of thinking,
and pray: "God free us from our illusions".

Dr. Antony Theodore
God, Give My Wings Might

God, give my wings might.
Give me the aroma of cheer.
Help me to hear the whispers of my heart.
Let the touch of your beauty
make the strings of my soul vibrant.

God, give me a ladder
and send me an angel
to help me to climb up to you,
to your holiest shrine in the heavens.

Dr. Antony Theodore
God, Help Me, I Have Lost My Way.

God, 
I have lost my way in a barren desert.  
Rescue me in my peril.

I live in darkness and gloom,  
I feel I am bound in chains.

I was proud. 
You humbled my heart through hardships.

In my distress I cry to you.  
Break my chains asunder.

Speak to me your loving word, 
to heal my heart and soul.  
I shall praise the wonders of God  
in the barren desert

Calm the storm wind in me.  
Hush the storm to a murmur.

You who can change the rivers into desert,  
change my desert into pools of water.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
God, Remember Also Those Of Ill Will.

Remember not only
those who are of good will.
But remember also those of ill will.

God,
do not remember
all the sufferings
others inflicted on us
willingly and knowingly.

Remember the fruits
we have brought
thanks to those sufferings.

Dr. Antony Theodore
God, Walk Along With Us

Lord, be with us on our way.  
Walk along with us  
so that we may not fall.

Open our deaf ears.  
Heal our blind eyes.  
Give the fearful hearts courage.  
Send your spirit of harmony and wisdom,  
the Spirit of truth and love.

We believe in a better world,  
a world according to your heart.  
God is alive and God will  
change this world  
to a world of love.

Dr. Antony Theodore
God’s Friendship Is Like The Breath

Make me know your ways.
Teach me your paths.
Help me to walk in your truth.
You always show the right path
To those who go astray.

Your faithfulness and love shall I praise.
I revere my God.
His friendship is like breath.
I cannot live without
the presence of my God.

Day and night I yearn
for his loving presence.
Come to me my God,
come to me.

Dr. Antony Theodore
Godforgives Our Sins In And Through Jesus.

Take our own sins seriously.

When Adam and Eve first sinned,  
the Lord made garments of skin to clothe them (Gen.3: 21) .  
Only after the sin, they came to be ashamed of themselves.

The life of the flesh is in the blood

Jesus Christ shed his blood on the Cross  
for our  
Redemption  
Reconciliation,  
Justification,  
and Sanctification.  
Christ's blood keeps on cleansing us from sin.  
(According to 1 John 1: 7, "The blood of Jesus His Son cleanses us from all sin.")

Dr. Antony Theodore
God's Eyes In My Breath.

Breathing is a very good way
to remain in the present moment.
Be conscious of your breath.

I breathe in and out
and follow the movement
of my breathing.

I feel simply how i am here present.

In my breath i feel also how
every moment passes by.
Moments come and go.
I am simply in this movement.

Then i imagine that i am not
breathing simply the air
but i am breathing in
the Spirit of God.

I want that the love of God
enters me through my breath.
So every moment becomes
filled with the love of God
in me and i feel that God
is looking at me when i breathe.

God's eyes in my breath.
God's love in my being.

(Graphic: Cima_da_Conegliano_God_the_Father)

Dr. Antony Theodore
God's Graciousness

God is the God of grace and compassion.

God understands our fears and persistently seek access to our hearts.

His graciousness takes sufficient hold on us to make us more and more like God the Almighty himself.

(God has no gender. when a poet writes 'He' for God, it denotes the insufficiency of the language to express the Reality that is God).

Dr. Antony Theodore
God's Self Everywhere.

God shows God's self everywhere.
in the bits and pieces of every day.
We dont have the eyes to see it.
We miss the presence.
We miss the cue.

In the ordinary experiences
of our lives and actions
God is invisibly present.

In the magnificent sunrise today,
in the awful solemnity,
i see you my God.

Soft in the silence,
i hear your voice
calling me.

Dr. Antony Theodore
Golden Blue

It is time to grow
For the mind to grow
For a sensible heart to grow
Cold although and hard
Are the ice blocks of negations.

Follow Time’s footsteps.
Feel Time’s heavy steps.

Venture to follow the heart’s path
To discover the golden blue
Of the calm eternal lamp.

Dr. Antony Theodore
Good Night My Love

Good night my love
I shall see you in my dreams...

Like the lotus dancing in the presence of the sun.
Like the peacock dancing before his lady love.
Like the lovebirds playing with their little beaks.
Like the priest bowing and adoring
In front of his holy altar.

Good night my love
I shall see you in my dreams.

May your sleep be like the colors of the rainbow
harmonizing together like a beautiful symphony.

Dr. Antony Theodore
Grace Of God And The Poet

When gripped by destructive self-importance, humility becomes a grace for a poet.

This grace kills the evil of the Ego.

From God alone comes this grace, along with the true inspiration.

(Graphic: What is Humility? | Vernon Evangelical Lutheran Church Vernon Evangelical Lutheran Church)

Dr. Antony Theodore
Growing In The Consciousness Of The Absolute

The mystic grows in the awakening
of the consciousness of the Absolute.

In this process, conversion occurs
naturally and love grows that gives
depth and actuality to the religious life.

The purification that goes with it
is closely related to the mortification
of the ascetic and his deep commitment.

(SHARING LOVE; October 2012
sharing love
"Christianity - A Lifetime Commitment To God")

Dr. Antony Theodore
Guardian Angels

I am safe in the hands of God's angels

They gently tuck me in at night
and come to me when I have bad dreams.
They are there when I wake up.

When they fly around me
they touch me with a soft gentle breeze.
I imagine it is from their tiny wings.

They flutter around me,
but I cannot see.

Mummy told me:
They are my guardian angels
and I am happy.
Do you see my sweet smile, Oh poets?

Published on October 04, 2010 Poetfreak under the name Genovamaaa. Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
Happiness Is A Gift Of God.

Simple laws of life.

Recast Psychology.
Focus on optimism.
Kill helplessness.
Strength and not pathology,
growth and not depression.

Faith and psychology goes hand in hand.
Forgive all those who wounded you.
Serve the needy and the poor.

Every truth, no matter who utters it comes from the Spirit of God.

Do everything to enhance human well being.

Reason will not replace Faith in God.
Aristotle relied on the power of reason.
But faith is reasonable proved Thomas Aquinas.

Faith in One all-powerful,
all-knowing, and all-good God cures a human being
and makes him positively happy.

Forgiveness, humility,
gratitude, and love for others are the rules to be healthy.

A powerful synthesis of Greek philosophy and faith help all to lead a happy life.

Seek happiness. Happiness is a gift of God.
Forgive, forget,
love, give
and go away from materialism.
Live and let live.
Give oneself to others.
Move quietly and peaceful.
Make time for playing with children, leisure, reading and enjoying art.

Share Sundays with family.
Help young people find employment.
Look after nature.
Rapidly forget the negative.
Respect those who think differently.
Actively seek peace.

Dr. Antony Theodore
Happiness Is Our Natural State.

Happiness cannot be acquired
Do you know why?
Because we already have it.
Happiness is our natural state.
Drop your illusions.
Then you will experience
how happy and delightful life is.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time under this second name. i write to keep her memory alive as long as i live).

Dr. Antony Theodore
Have Courage, You Are Not Alone.

In the most painful situations of life,
at the moments of terrible rejection,
of being cheated mercilessly by loved ones,
even when I am physically abused
I promise to myself to keep calm
and to keep my spirits high
deep-rooted in my faith
that there is a God
who looks at me.

God loves me. It is my faith.
He guards me; God comforts me.
God is with me always,
and much more in my terrible moments.

Dr. Antony Theodore
He Alone Can Walk With God

He who is the slave of his own desires exploits others in order to pay tribute to the tyrant within himself.

Before there can be any external freedom, find the way to freedom within one's own self.

The contemplative who had restored in his own soul the image of God is the truly free man.

He alone can walk with God as the saints of all times walked with God in inner joy.

(Our New Relationship With God | Cru pnterestGenovamaaa's collection) Cru

Dr. Antony Theodore
Finding oneself in union with God implies the perfect integration of the whole human person.

In and through integration man becomes a being in God.

He becomes love in union with God who is love alone.

When we begin to love others as God would love them, then we enter into the heart of God experiencing the inner joy.

It makes us like God.
This power makes us free from all other determinations.

Dr. Antony Theodore
He Danced To The Rhythms Of My Heart.

I heard his steps in the depth of the night.

It slowly became rhythmic.

I heard the songs of his dance.

He danced to the rhythms of my heart.

I ran to see him with burning desire.

His music flowed through my veins.

I heard his steps dancing around me in the joy of love.

But my eyes failed to see Him.

I live now in those sweet memories of his footsteps.

I hear my heart dancing to His tunes.

My heart is now a sanctuary of peace.

(Graphic: The best offering was a contemporary piece performed by Ian Ocampo and Regine Magbitang. Packed with emotion they gave meaning to the song 'Just Give me a Reason'. There was love, longing, hope and hurt. It was almost too real. They filled the theatre with a powerful energy that left my heart pulsating in the rhythm of their music. Magbitang was agile and completely solid throughout. Ocampo's lines were picture perfect.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).
He Finds The Truth, To Be In Harmony With It

The Artist's role is to find the truth,
to be in harmony with it
and to point beyond all objects
into the silence where
nothing can be said.

The life and work of the artist
and the mystic is consummated
when they are integrated with
the person and ultimate reality
into an organic, spiritual whole.

For the artist, mystic and the poet,
his life becomes his material.
Every stroke of the chisel and pen
should enter his own flesh and bones.

Dr. Antony Theodore
He Listens To The Music Of The Soul In Silence.

Music is the element of the mystic. Didactic tone and vocabulary cannot fall in and do not fit in, in his art of communication.

It is simple intuition. It is natural to him. It is not a speculative analysis. It sings in his soul. He listens to it in silence.

(Graphic: Listen to the sound of silence | Picture Quotes)

Dr. Antony Theodore
He Who Quenches The Thirst Of The Soul.

Mysticism is not a theory of the intellect
or a hunger of the heart
however passionate.

The whole self develops
definitely and peculiarly,
consciously and unconsciously
under the influence
of the intense longing for Him
who quenches the thirst of his soul.

Thus in the interests
of the transcendental life,
the whole human character is remade.

Dr. Antony Theodore
He Will Be Granted More And More

One how does not stop
to thank God for all
pleasantness and comfort
amenity and acceptability
for the obviousness,
taken-for-grantedness,
and naturalness of life,
him will be granted
more and more in life.

To the one through
the growing contentedness,
satisfaction and happiness,
forms a permanent and
long-term change
of the way he sees
is granted the gift to become
a very positive person
full of hope and trust.

Thank you, God
for this life,
for this day
and for all around me
whom I like and love.

Thank you, God
for this moment
and for the consciousness
that you are ever present
in all moments of my life.
(Graphic:Pinterest. Rita Abdallah saved to Angel Love and Light)

Dr. Antony Theodore
The ancient Greeks recounted a very impressive saga of the great hero Perseus. He sat at the wedding supper with the beautiful Andromeda. Then the hall door is torn open, and another king appears to steal the Andromeda. It breaks a wild fight. Already many have fallen. Perseus comes in need because the enemies are in large. Perseus calls to his enemies: "You force me to the utmost and most terrible!" And while he holds in a bag that hangs on his side, he exclaims: "Turn away his face, who is my friend!" Then his hand holds up the horrible head of Medusa. This Medusa was a terrible monster: instead of hair, she had snakes on her head. Whoever saw her froze to stone. Everything that is horrible, everything that makes the blood stagnant, has been embodied in the Medusa main. There in the hall now Perseus holds her severed head high. And his enemies solidify to stone. A look at the Medusa kills them forever.

The Gospel tells - and this time it is not a myth - the counterpart. It tells us about ahead of the dead whose sight gives eternal life until this day.

"At that time Jesus spoke to Nicodemus:
As Moses raised the serpent in the wilderness,
so the Son of Man must be raised,
so that everyone who believes in him has eternal life in him;" (From the holy Gospel in The Holy Bible according to St. John, 3rd Chapter, verses 14 and 15).

(Graphic: Andrew Finnie- "The Head of Medusa" | Woman in Myth-Medusa... Pinterest
Andrew Finnie- "The Head of Medusa")

Dr. Antony Theodore
Hearing The Unsung Notes With The Ears Of Their Hearts.

Energized with a certain inner compulsion, the mystic and the artist presents the unheard melodies, tunes and resonances.

Their ears hear it keenly.

They hear Unsung notes with the ears of their hearts.

In prayer, they present it well, that others may also hear it.

Giving form to the interiority of things is the greatest concern of the mystic and the artist.

(Graphic:
Ivanna Dzenkiv, ??????-????????, ???????

?????? ????????? ??????? ??????? ?????? ?????? IVanna Dzenkiv ??????????, ?????? ?????? ? ???????????? Ivanna, ????????? ?????????????????...)

Dr. Antony Theodore
Heart's Instinct Of Love

Mysticism is essentially
a movement of the heart,
seeking to transcend
the limitations of the individual standpoint
and to surrender itself to ultimate Reality.

The heart moves purely
from an instinct of love.

The word heart means
the innermost sanctuary
of personal being.

Dr. Antony Theodore
Heaven Is Not A Place

Heaven is not a place
It is a happening.
It happens in you and me.

The inner beauty
And the serenity
In moments of true love
are its own reward.

In selfless love, heaven happens.
Heaven has no borders,
No distinctions, and
Monopoly of none.

Heaven transcends all religions.

Dr. Antony Theodore
Help Me To Bring This Joy To Others.

The source of all joy
is in God

So I turn to him in silence
to entrust my worries to him.

Dear God,
you are the source of all love,
all harmony.

Help me to rejoice
and be happy always
bringing this joy to others.

(Graphic: Life is not good........ It's awesome: Thought of the day! ! ! !

Enjoy your Sunday with your friends and family! ! !)

Dr. Antony Theodore
Help Me To Embrace Calmness

O God the lover of my soul
help me today
to embrace calmness.

Remain in my brain
and in my reasoning.

Remain in my eyes
and in my vision.

Remain in my mouth
and on my tongue.

Remain in my heart
and in my thoughts.

God my lover,
help me to embrace calmness.

Dr. Antony Theodore
Help Us To Seek The Values.

I need you, you need me
for inspiration and encouragement.
No one is an island.

Give me creative fidelity
and constant prayer.
I call to you all day long
Have mercy on me O God.

Help me to seek the values
that brings me lasting joy
In this changing world.
-
Make us one in mind and heart
You alone can bring oneness of hearts.
We long for your presence
more than for life itself.

The attractions of a changing world
take us away from your holy presence.
Give us grace and peace.

Dr. Antony Theodore
Her Child  Was Brutally Murdered.

Bruised, derided, cursed, defiled
she looked at her tender child
covered  with bloody scourges.

She kissed the wounds
cried bitterly spending tender tears
at the cruelties of the terrorists.

The child died on her arms;
She hugged the dead child
to her heaving breasts.

O you Mother, my God
You are the fount of love!
Touch my spirit now.

Help me to forgive the murderers
Of my child of love, my only one,
They  killed my husband too.

Now I am alone.
Counting the sands
of the burial ground
I look up begging God
to make this world
a place of mercy.

God is for me, my mother,
the Fount of love.
Make my heart with yours accord.

(I heard these words of suffering from a Christian woman who came as a refugee
to Dortmund, Germany. Got inspired and wrote this. I was astonished to see the
act of forgiveness in her words even when her husband and child were killed
before her eyes and she raped.  God works wonders in human hearts indeed).

These Children in this Photo were brutally murdered.
In memory of all murdered children
is on Facebook

Tanisha Wilson, Jessica Reagin, Cyndi Faye Abell and 168 others.
In memory of all murdered children I realized I've never really had a cover photo
so I decided to make this heart emoticon I've also decided to start featuring a
child for the profile picture each day (one who either has a birthday or angel day)

5 · November 19, 2014 at 5:38

Willow Claxton God bless those beautiful children heart emoticon
3 · November 20, 2014 at 6:22am

In Loving Memory of Sierra Lynn Newbold Thank you for including Sierra on this
(As well as Teigan Peters and Kelsey Smith-Briggs, two other angels I have
pages for). This is beautiful. heart emoticon
3 · November 24, 2014 at 12:46am

Karlita Acosta Nuñez awww may u all R.I.P such beautiful angels up in heaven
smile emoticon
1 · November 19, 2014 at 10:54pm

Paull Andersson I see In Memory of Kayleigh Jayne Slusher
February 2 at 8:17am

Mary Collins Dempsey Precious & all safe in God’s loving care ~ Eternal Rest.
November 20, 2014 at 1:

Dr. Antony Theodore
Hey ... Why Do We?

Why do we multiply our possessions and reduce our values?

Why do we love little and hate too often?

We have learned to make a living, but not a life.

Is it true my friend that we have added years to life but not life to years?

WHY DO WE BUY MORE BUT ENJOY LESS?

... I gave two plantains to a poor woman on the street begging. She took them with a great smile.

There was light in her eyes, I saw; Shared TWO plantains with her FOUR children.

She sat, with tearful eyes, wiped the face of her children and smiled.

It was the smile of God.

Dr. Antony Theodore
Hints Of Mystery.

The experiences
of the utmost resources
of beauty and passion
will bring with them
hints of mystery and wonder.

Its appeal will not be to the clever brain
but to the desirous heart,
the intuitive sense of man.

Dr. Antony Theodore
Holiness Is Marked By Selfless Innocence.

The magician burns coal into Gold.

The Saint transforms more

The saint transforms the stuff of the soul.

Simplicity and purity are at home within.

It is the mark of a true miracle worker
to be comfortable with God’s power.

Holiness is marked by selfless innocence.

(Graphic: Partager cette image
Code HTML - Pour sites et blogs

BBCode IMG - Pour les forums &lt;img)

Dr. Antony Theodore
Holy Monk, Why Do You Waste Your Life In Silence?

The monk was drawing water from a well with a bucket. A group of young men came and asked: „why do you waste your life living alone in silence? &quot;.

Peacefully the monk answered: „Look at the water in the well. Tell me what you see now.

They answered: nothing. The water is not peaceful.

After sometime monk asked: Now you look in the well and tell me what you see.

They answered: we see our faces.

Look, when the water is peaceful You can see yourself. So is with meditation in silence. You see yourself.

Even after sometime The monk again asked: Look and tell me now What you see in the well. They told: we see clearly the pebbles and stones at the bottom of the well.

So also is with meditation in silence. You see everything in depth&quot;.

(Peer Water Exchange - Verifying and Scaling Solutions to the Global)
Dr. Antony Theodore
Honor The Mysteries Of God.

I want to honor the mysteries of God
My delight shall be the laws of God.

Do not linger in the way of the sinners.

God, plant me near the flowing waters.
Fill my tree of life with your green leaves
never to fade or fall in the struggles of life.

Help me to yield fruits to give to the poor.
in plenty and fullness till they are satisfied.
Strengthen me with the fullness of your Spirit.

In the depth of the night
I shall keep awake
in my prayer cave
kindling a little golden lamp
to fall in adoration
till the morning cock crows.

Honor the Mysteries of God.

Dr. Antony Theodore
Hope Of An After-Life.

Open your eyes.
Open your heart.

It is winter but it is like spring.
The first green is sprouting.
The first flowers are budding.
The fresh colors of the season
are bursting forth from the earth.

Winter seemed like death.
But in the spring life resurrects.

Nothing ends with the death.
There is always an after-life.

Dr. Antony Theodore
How Can Anyone Contain The Great God?

God cannot be contained in the mind,
our myriad thoughts and philosophy.

How can anyone contain the great God?
We are nothing and nowhere.
Is there not a tremendous secret
in this nothing and nowhere?

(This was published in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
How Delightful Is Your Presence.

How delightful is your presence.
I jump with joy in my heart.
My soul waits eagerly
listening to your unfailing steps.
Come my God, come
I have prepared a banquet for you
in my poverty.
It is not rich.
I have no golden plates to offer.
I have only my mat that is torn.
Would you sit with me
On the broken floor
and sup with me?
That will be my joy.

I jump with joy
at the very thought
that you will enter my poor hut.

Graphic:
194 best Worship Yahshua images on Pinterest | Bible quotes, Bible...
Pinterest
I Ador you... Lord)

Dr. Antony Theodore
How I Love

How i love
to find someone
who is in love with my mind.

How i love to find the one
who dresses my conscience.

He or she can then
make love with my thoughts;
Someone who breaks
all the walls that i have built up
around me and my mind.
It is my wish and prayer.

For such a love experience
My heart craves for.

Dr. Antony Theodore
How Will It Be, Tell Me, O Poets Of Love.

In the middle of on ordinary life
love gives me a fairytale.

If human love is so full of joy
How will it be when i taste the love
of God on the lips of my heart?

Will it be like a thousand
fairy tales of lovers
in intimate moments?

Will it be like the moon
in its world, murmuring,
words of love with the skies?

Will it be like the butterflies
sucking the nectar from the
heart of the flowers?

Will it be like the secret moments
shared by lovers on the moonlit
sandy beaches where lovely fairies
play on their harps and then sleep?

How will it be, tell me o poets of love

(God You Are My God (Psalm 63)

Dr. Antony Theodore
I Hunger For You

I hunger for You,
I thirst for Your Divinity.

Quench my thirst, Oh Lord,
Give me the springs of living water.

Help me to develop my mind
so that I may grow to be like Christ,
to fully understand God's Word.

Change my mindset.
I like to adore you
the whole night through
till the morning rays fall on me.

Dr. Antony Theodore
I Am A Sacred Being.

I am a sacred being.
God created me.
My sacred altar is the world around me.
I am sacred.
I am divine.
All begins and ends with love.

My purity of love
shall touch all around me.
This is my soul experience.

(Graphic: )

Dr. Antony Theodore
I Am A Starved Soul.

I am a starved soul.
I need love, precious love.

Please make me fully alive.
Take away my meaninglessness.

Who will wrap me in the loving arms?
Who will send me now warming rays?

(Graphic: Universe, wrap your arms around me  Flickr)

by Noukka Signe)

Dr. Antony Theodore
I Am All Alone My God

Protect me O God of the heavens.

I am all alone
sitting here and brooding over
the meaning of my life.

i know you alone can
give the meaning
to my lonely life.

Come to me in my loneliness.

Lead me not to despair.

i need you God now.
Please do not be late to come to me.

(Graphic: Mairin Singer
Mairin Singer saved to We all are living in a dream)

Dr. Antony Theodore
I Am Because You Are.

I am
because you are.
You are
because I am.

In the familiar peace
of our deepest joys,

In the ignited space
of our deepest sufferings,

in the release of
our deepest fears,

we are each other.

Without the other
We have no happiness.

Dr. Antony Theodore
I Am Conscious Of My Inner Self.

I am conscious of my inner Self.
I love my inner Self.

My negative experiences of life
are occasions to work on my inner Self
to understand my dualities.

It is this process of purification
that leads me closer to my inner Self.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
I Am God's Divine Child Even When I Commit Sins.

There is light on the other shore.
I have to walk into light.

God lives there.
Unknown,
without a body,
without a form
without a figure.

I cannot smell God.
I cannot see God.
I cannot touch God.
My senses are incapable
to sense the Almighty.

God is not a man.
God is not a woman.
God has no religion.

A human being can
never describe God.
God is love.
God loves me
very Personally
more than mummy and Dad.

I am God's divine child
even when I commit sins.

Dr. Antony Theodore
I Am In Pain.

Look at me in your great kindness.
In mercy turn towards me.
Boundless is your kindness.

I am in pain,
terribly afflicted.

Come down to me
with your saving hands.

Revive my lowly heart.
Help me to sing
a song of praise
to glorify your name
even in dire distress.

Dr. Antony Theodore
I Am Pure My God

May i come to you today
I am pure my God.
in my heart, in my thoughts
i am really pure today.

Would you not forget my past sins?
i believe in your forgiveness.

i am pure for you today.

(7Qo saved to ????—??? Pinterest)

Dr. Antony Theodore
I Am Sinking Into The Mud O God

I am sinking into the mud o God
deep in the waters.
I am alone.
I have no one to help.
I drink the muddy water
and facing death now.

Where will my help come from?
I am perishing here.
I suffocate.
I cannot breathe.
Struggling with the last strength
beating my legs and hands
in the water, only to sink down.

Where will my help come from?

The Lord is present
even in the depths of the sea.
The Lord is present
here at this moment.

It is my deep faith.

I shall not be alone.
The Lord comes to save me.

(Graphic: The Church of the from the collections of Genovamaaain Photobucket)

Dr. Antony Theodore
I Am The Arrow Which He Sharpens And Keeps In The Quiver On His Back.

God has poured out
his love on me.
So I live in hope even
in utter hopelessness.

When my future is bleak
I look for the light
from the heavens.
The flare of the eternal
flame shall fall on my face.

I am in his quiver on his back.
He will sharpen me
as his most powerful arrow.
He carries me always on his back.

((Graphic: Songs for this evening. - pptSlidePlayer from Pinterest Genovamaaa's collections.)

Dr. Antony Theodore
I Am Your Baby, Mum

I am your baby Mum.
I did not come on my own Mum.
God's angels flew down to your womb
from the mighty heavens
and placed me in your holy womb.

I did not come on my own mum;
God wanted it so.

I was so happy in my new cave of love,
in your holy womb
and slept there peacefully.
The angles watched.
They prayed
to keep me safe always
till I will be born on the face of the earth.

They practiced heavenly songs of birth
to play on their golden harps on my birthday.

When I was sleeping in your womb
The angels used to come to me.
You did not know it, my dearest Mum.

I was happy to be born
as your beloved child.

I wanted to smile
I wanted to sing
I wanted to play
I wanted to suck your breast milk
Until you were satisfied.
I wanted to see the smile on your face
When I suck all your milk from your loving breasts.

They were my dreams in your womb, Mum.

But on a cruel day
you decided to kill me.
The devils in the Hades
heard about your decision.
They brought the loudest drum,
played in the devilish rhythms.
All the devils came together,
came and danced in circles,
jumping and singing.
They danced in lines.
They danced in circles.
They danced on the toes.
They danced on their heads.
They sang the wildest of songs
and the devil drummers played.
The whole hell was happy
that you decided to kill me.

You know how much I cried?
You know how many angels cried?
Do you know how the whole heaven cried
on my day of death in your holy womb?

A moment before i was cruelly murdered
I saw the All-Powerful God crying helplessly.

Dr. Antony Theodore
I Am Your Hiding Angel

I am your hiding angel
May i stay in your heart
as an angel undercover
I am your hiding angel.
No one knows that I am here.

When you cry I will feel your pain.
When it is dark in your heart
I shall bring little twinkling stars.

When tears flow down your cheek
I will come unseen to wipe your tears.

I shall invite the nightingales
to sing and make you happy.

I shall sing in your ears
a sweet lullaby
when the nightingales go to sleep.

And when you sleep
I shall kiss your sweet lips
until you dream of flowers
birds, skies and heavenly beings.

I am the angel of harmony.
I want to hide inside you.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
I asked the little angel to sing
There is a little angel in my heart
always playful and gay.

I asked the little angel to sing.
Then playfully she flew to flowers
and birds and bees
and all those beautiful creations.

Then she flew to me,
sat on my nose
looked into my shining eyes
and sang a beautiful song.

For a moment I was lost
in ecstatic moods
and my heart jumped
in joy and knew for myself
the beauty of my soul.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
I Bear My Nakedness To The World

I bear my nakedness to the world

We are one step closer to mental peace
once we learn to accept our limitations.

That the world may see who I am,
I bear my nakedness to the world.

I don't like masks that hide
my true identity and my flaws.

A mask hides my true beauty.

To bask in the light of nature
I need to take off my mask.

Nothing shall frighten you
when you stand without a mask.

Stand erect with your beauty and flaws.

Fragrant rose petals will shower upon
you from above in soothing comfort.

(Graphic: Giving myself permission to feel joy | polysyllabic profundities
polysyllabic profundities
inner joy)

Dr. Antony Theodore
I Become God's Song

I become God's song
when I open up and trust
that God's energy moving through me
will create goodness and harmony
through who and how I am.

(This was published by mein Micropoet under the name of my beloved motherGenova Maaawho passed away at the young age of 38. I published for a long time under this second name. I write to keep her memory alive as long as I live.)

(Graphic: Positively Quotes. Image 447260. QuoteSurf)

Dr. Antony Theodore
I Collected My Tears In A Coconut Shell.

I took my coconut shell,
placed inside it, a thin plastic sheet.

At the midnight hours
as the whole world slept,
i sat before my earthen oil lamp
shedding tears of sufferings and pain.

I collected my tears with care.

Early before the dawn broke
into thin rays of smiling light,
I went to the throne of God,
the God of no religion
the God above all Religions.

Before God's glorious throne
I lifted my coconut shell of tears
in my wounded palms.

God looked at me.
God saw the wounds of my hands.
God saw my ragged clothes.

There was only silence,
deep silence that pierced
the heart of heaven.

In the silence,
I saw tears falling down God's eyes.

God's tears
fell inside my coconut shell.

Dr. Antony Theodore
I Cry Out In Pangs.

In the midst of the night
my heart longs for you.

The spirit in me seeks you.

I feel i am conceived
in your presence.

i squirm and writhe.

i cry out in pangs.

When you are born in me
i close my tearful eyes.

I smile in the radiant dew.

(radiant dew is an expression of indescribable joy of the soul)
Saved from
Pinterest..)

(Graphic:
Dr. Antony Theodore)
I Dance In Your Unseen Presence

I lift up my eyes to you
lifting up my hands and leg
standing on the tip of my leg
like the Indian sanyasins.

Like a yogi and a sadhu
in your unseen presence
I shall dance forgetting myself.

Would you come to me
dancing in prema,
in affection, in emotion,
virtue and kindness,
compassion, in eros,
in creative intimacy.

Dr. Antony Theodore
I Dare Not Untie It.

I fell in awe at your beauty, 
your grace and innocence.

My soul is stirred in your presence.

i saw my love in your mirror. 
Your love hovers over me.

My heart is captured. 
You tied up my heart to you 
with golden threads.

i dare not untie it.

Dr. Antony Theodore
I Enjoy Those Silent Moments

My heart is full of love for you my God
I am not able to speak sometimes.
My prayers are engulfed in deep silence.
I do not utter a word in prayer.
Just being in your presence
is my prayer and it is beautiful.
I enjoy those silent moments
in which I feel your presence.

(Graphic: i cant say it in words_zpsaryesrwp)

Dr. Antony Theodore
I Fell Into The Arms Of My Beloved

In my tearful dreams
I saw the path of light.
Lead me to the abode of love.
Let me sit and rest for a while.

My lips longed for his kisses
I spoke of my deepest longings
I saw my beloved
Walking slowly to me like a fairy.

In the ecstasy of love
Joy tremendous filled my mind.
I fell into the arms of my beloved
And my heart danced to his rhythms.

Dr. Antony Theodore
I Felt His Fragrance On My Lips.

I felt his fragrance on my lips.
I slept.
Deep was my sleep.
He came in when the moon shone
to sit near me.

He touched my eyebrows softly.
He saw my eyelashes sleeping.
He kissed me
on my sleeping lips.

The morning rays
shower me with its glory.
I wake up.

I feel his fragrance on my lips,
on my eyebrows,
on my eyelashes.

(This is a mystical experience. a mystic expresses it in human terms).

(This was published in Poetfreak under the name of Genovamaaa. Genova was
my beloved mother. She died at the young age of 38. I want to keep her name
alive as long as I am alive).

Dr. Antony Theodore
Lost in meditation
i felt in my depths
the presence of God
who has no face.

i felt elevated
surrounded by heavenly light.

O God, you who have no name
come to me and dwell in me.
i want to be lost in you.

This is real happiness that i feel now.

(10 Best Meditation Appsto Help You Master...

Best Meditation Apps for iPhone and iPad)

Dr. Antony Theodore
I Flew Across The Deserts Of The Sky

Jean Paul, a contemporary of Goethe, had a dream.

He writes about his dream:
I walked through the worlds.
I climbed into the sun
and flew on the Milky Way
across the deserts of the sky;
but there was no God.

I climbed down,
to look into the abyss
and shouted: Father, where are you?

But I heard only the eternal storm
that no one ruled,
and saw the shimmering rainbow
without a sun that creates a rainbow
over the abyss and dripped down.

And when I looked up
to the immeasurable world
for the divine eye,
she stared at me
with a blank bottomless eye socket;
and eternity was in chaos.

And he was glad when he woke up:
'My soul wept for joy' he writes,
THAT HE COULD WORSHIP GOD AGAIN
and the joy and the crying
in faith was prayer.'

Jean Paul, a contemporary of Goethe, has dreamed and noted it down in 1797 in eloquently words.

Dr. Antony Theodore
I Found A Sweet Secret

I found a sweet secret
to tuck deep inside,
When you told me
my precious friend
that we will be best buds
for now and evermore.

I looked often around
to find my heart's yearning.
No one can live alone in this world.
Friendship should come from
deep within the heart.
Your wonderful friendship
means so much to me.

For there's little that lasts.
So much fades away.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
I Found Myself In Your Love

I painted in orange and red colours
with fiery power of passion
Your face
on the canvas of my heart.

In your warmth
you illuminated my being always.
In unspoiled white
In serene purity
gently
you kissed me into ecstasy.

My rainy tears of joy
flew down silently
and washed me.

Loosing in your love
I found myself.

Dr. Antony Theodore
I Gazed Into The Visions Of The Night.

I gazed into the visions of the night.
I saw a golden throne.
All around was fire.
It was a blaze of flames.

A stream of fire and flames
poured out from His Presence.

He was beyond all religions,
beyond all the concepts of God.

He was free from the thoughts of man.
He was above everything.

I gazed into the visions of the night.
Millions waited on him.

On the clouds of heaven I saw
a shining white robed being came
and opened my book of life.

He looked with the fire in His eyes.
and hugged me in intense love.

It was a mystery, it was joy pure
I fell in His benevolent presence.

Dr. Antony Theodore
I Giggled Through Life With A Sighing Heart

Dr. Antony Theodore
I Have No Life Without My God

My God is the rock who saves me
My God is the source of my bliss.

I know, God calls me by my name.
God wants my integrity to shine like the dawn.

The crown of splendor in the hands of God
is the one who obeys God's precepts.

I will become God's delight
when I follow God's Path
and sing praises every dawn and dusk.

I have no life without my God.

Dr. Antony Theodore
I Have No Regrets. I Smile Through Life.

Pain and sufferings
when accepted
makes us fearless.

I have no regrets.
I smile through life
even in the midst of sufferings.

Jesus Christ is my model.
He cries on the cross
to forgive all who killed him.

He heals from the cross
even after centuries.

On this Good Friday
I kneel down before the cross.

He is my guide and guard.

I smile through my sufferings
because Jesus goes with me.

(Graphic: Prayer and Catholic Meditation: Mater Dolorosa
Free Republic
Mary at the cross)

Dr. Antony Theodore
I Have Roses For You My Friend

I have roses for you my friend.  
May I tie it now with pretty bows.  
Golden are the strings  
and my fingers tie it with great love  
for you my friend.

I love you so much.  
You are my friend.  
You are the friend of my soul.

You sense my pain.  
You caress me  
You hug me in innocent love  
You are the friend of my mind.

You are in my thoughts  
that well up in my brain.  
You tickle my brain  
and my smile becomes so sweet.

Look! ! !  
There are children playing  
on the green grass.  
They run about like sweet beings  
on the hands of pure love.

Look! ! !  
Butterflies fly around  
and the nightingales sing.

The rainbow sees it from above.  
It breaks into a sweet smile  
with all its colours  
and tells me ;you have an innocent soul;.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive)
I Heard The Galloping Horses.

I heard the galloping horses.
They were distant sounds.
But it came nearer
and nearer to me.

Really, the galloping horses
came in my direction.

I waited anxiously.

In a moment without asking me
they entered the cave of my heart
penetrating the closed doors
of my heart, not violenty.

They galloped and galloped
and travelled inside my cave.

I did not know that i had so much
of space in the cave of my heart.

Dr. Antony Theodore
I Heard The Songs Of My Soul

On the shoreless ocean
I heard the songs of my soul
sung by an unknown poet.

Her songs swell in melodies
in my depths and burst into flowers
to fill me with the fragrance of
the divine and eternal.

(I published this Poem in Micropoet under the name of my beloved motherGenova Maaa who passed away at a young age. Published for a long time in this second name.

Dr. Antony Theodore
I Heard You Then In My Consciousness.

I heard you then in my Consciousness.
i sang a song
in your presence.
It made You smile.

Listening to my songs
You smiled in silence.

You looked at me
keenly as i sang.
But You were silent.

i saw tears
down your cheeks
as i sang.
But You were silent.

i saw my songs
kissing your silence.

i saw my songs
touching your lips
yearning for a word.
But You were silent.

Then you took me in a small boat
under the silent shine of the moon
into the heart of the vast ocean
until the ocean was shoreless.

There you whispered me to sing.

In the midst of the shoreless ocean
in the small boat
i sang; i sang only for you.

You listened with smiling eyes.

Then you raised your hands
and the waves rose up.
You danced in the boat.
The waves danced with you.

i sang and sang
till my songs danced with the waves and You.

i heard you then
in my consciousness.
You broke your silence
deep down in my soul.

I fainted.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
We have a baby
Look, he is here.
He is happy.

You know
He was in the stomach
of our mummy before.

We both kissed mummy's stomach
so many times before he came to us in bed.
It took a long time to come out.
He was always there in mummy's stomach.
He did not want to come out.
Then we both prayed to God:
"God bring our little brother out
of mummy's stomach."

God heard our prayers.
You know God is a loving God.
God listens to the prayers of innocent children.

I hope you know that o big Poet! ! !

Dr. Antony Theodore
I Knew My Ego Melted For A Moment.

i knew my ego melted for a moment.
Near your holy altar
i knelt and prayed
in silence.

My silence deepened.
i became thoughtless.

Was i in a trance?
i do not know.

But i knew my heart was filled with joy.
i knew i was in another world.
Did i see your face O God?
i don't know.

But i knew my ego melted for a moment.
That was a moment of light.
Sweet consolation filled my being.
i was happy, an experience incredible.

"I" is purposely written as small)

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
I Like To Walk On The Path Of Your Light

How my heart likes so much
to walk on the path
of your light, mild but warm
to keep my body and soul enlightened.

Help me, Lord of the universe
to spread this warmth you gave me
to others who thirst for a little bit of love.

Thank you Lord for all the love
you poured into my heart
when i was direly in need of it.

You came in the form of humans
to enkindle in me the light of love.

Do not take it away from me.
I need this love and the nearness.

(Graphic: i saw you in rest)

Dr. Antony Theodore
I Look At You With Pleading Eyes

Can You heal my wounds?
My heart bleeds.
Would you touch my wounds?

I long for your healing touch.

My pride melts into humility
and I look at you with pleading eyes.

Please touch me and heal me.
I need your healing touch.

Published on October 05, 2010 Poetfreak under the name Genovamaaa. Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
I Lost Myself Within You.

I lost myself within you,
our souls entwined
our minds in tune.

The words you spoke came
straight from my heart, i knew.
Everything about you
is so hauntingly familiar.

My heart is captured.
But want to fly away but cannot.
Like the sage falling before the holy Altar,
i surrendered fully into your hands.

(Graphic: Frank Answers About the Body in Worship - Frank Answers
Frank Answers1024 × 683Bildersuche
Embodied Liturgy figure 2 Prostration in Orthodox Church)

Dr. Antony Theodore
I Love To Bathe In The Spring Of My Soul.

There is a spring in me
that brims and ripples
in the depth of the night.

There is a spring in me
that loves the silence of my heart.

It rushes forth to fill
the valley of my soul
breaking my silence
and then to wash me pure.

There is a spring in me
in which angels and saints
of heaven come to swim
in the silence of my night.

.......... 

At the dawn when the heavens open

My eyes burst open
at a slow pace
like the lotus
when the soft warm rays
kiss its petals open
in the joyful wonder
of the glorious rays.

There is a spring in me
in which the birds of heaven
fly down to drink.

The flutterings of their wings
create a music in me
in their splashing and splattering.

I love to bathe in the spring of my soul.
There is a spring in me that brims and ripples.

(I began to bathe in my spring water that wells up in me, in my depths in silence in the night and remained there until the dawn that purified me.)

((Graphic: markku kassila saved to Markku kassila. Pinterest)

Dr. Antony Theodore
I Ran Into Light Like A Joyful Deer

i entered into a cave.
It was very dark.
i went forward in the darkness.
then i entered into a tunnel.
In the absence of light in the tunnel
i heard voices behind me.
in terrible fear i looked back.
then i heard footsteps in front.
it went on for sometime.
then somehow i got the notion
"I am not alone in this tunnel;"

It gave me courage.
i walked on and on
all alone, but not alone.

At the end of the tunnel
there i saw light.
It was so powerful
that i could not open my eyes.

In the direction of the light,
at the end of the tunnel
i ran into, like a joyful deer.

It was light and only light.

It was paradise,
the Abode of "The Almighty",
who is above all religions.

(The small i symbolizes that one should become lesser and lesser as one proceeds to the eternal abode).

(Graphic: Pinterest..Katja Struik
Katja Struik saved to we are not afraid of the sunset)

Dr. Antony Theodore
I Remained In Silence.

Today she came to me.  
She asked me to be silent.

I entered my room.  
Did n’t shut the door. 
Sat on my chair. 
Closed my eyes.  
Remained in silence..

Time passed by but did not feel. 

She came.  
I heard her feathery steps.  
Felt her breath. 
Smelled her skin. 
She bowed  I knew. 
Kissed me on my silent lips. 

I remained in silence.

Dr. Antony Theodore
I See You In The Sanctuary

I see you in the sanctuary,
in light inaccessible for me.

I am a sinner.
But i long for you.
I thirst for you.

I see your power and glory.

My soul seeks you
without asking me
for my permission.

(Graphic: The Sanctuary Experience — Prepare to meet thy God!
Mountain Refuge Ministries)

Dr. Antony Theodore
I Shall Bow In Humility

I shall bow and adore you
before your holy temple.
before the angels i shall bless you.

i hear you calling me
'come back to me with all your heart'.

i know you are a God of compassion
all tenderness and goodness of heart.

When i called you in distress
you increased the strength of my soul.

i thank you for all faithfulness and love.

Dr. Antony Theodore
I Shall Pour My Heart To You

I don't know how to play on the veena
I don't have the voice of a nightingale
I am not able to sing and dance.

But I need love.
I have a heart full of love.
I want to love and be loved.
I become a beggar in search of love.

God unbind my feet.
Help me to dance like the peacock.
Show me the rose garden.

Help me to smile and laugh
and make this world a better place.

I have a heart full of love.
I shall pour my heart to you
and fill you with my love.

Then you shall never be a beggar.
(veena is an Indian musical instrument)

Dr. Antony Theodore
For ever shall i sing of your love, O my God
Let all of all ages proclaim your truth.
Your love is eternal.
It lasts for ever and never will it fade.
This is my conviction and I am glad.
God's truth is firmly established
like the great mountains on the earth.

My covenant I will make in prayer
only to my God and my promises
shall I fulfill, come what may.
I love my God more than anyone else.

I want to pledge at the holy Altar of God.
It is the pledge of eternal redemption
from sins and a glorious future with my God.
I want to live in the world of angels and saints.

Dr. Antony Theodore
I Shall Wait Till You Sleep

Come to me my soul friend.
Come with me along the flowery path.

I shall lead you by your hand.
Hold fast, we shall walk together.

Under the blooming tree
we shall sit together.

I shall make you lie on my lap
and wipe away your tears.

I shall wait till you sleep
on my lap forgetting your sorrows.

Dr. Antony Theodore
I Shook And Shook Himalayas.

I went to the foot of Himalays.
i wanted to shake himalayas.
you know.....do you think i am mad?

i shook and shook Himalayas.

i realized God is like this.
UNSHAKEN.
Those who put their TRUST in God
will never be shaken.

This realization made me happy today.
i smiled like a child.
Do you think i am mad?
But there is a joy in this madness.
Is n't it.?

Dr. Antony Theodore
'I' Should Become Smaller.

God is the ageless beloved of my soul.
Love can only originate from the Infinite.

Ego limits my being and my thinking.
Therefore i repeat in my heart:
I should become smaller,
God should become greater in me.

When God lifts the soul from the body,
the heart that is not in love
will fail the test of resurrection.

Dr. Antony Theodore
I Smelled The Forest Jasmine

I smelled the forest jasmine,
wild but profound in its perfume.
My bones filled with the perfume
spread on my being to wake me from my dreams.

I heard the silent music of the night
and felt it kissing my lips softly.
In my heart there were rhythms
unheard of before.

My limbs moved
to a song and its rhythms
and I felt the softness of the petals
of the sweet smelling jasmine.

Dr. Antony Theodore
I Sought Only For The Heart Of God,

Only with the annihilation of selfhood comes the fulfillment of love.

About his austere and steadfast quest, when a mystic asked, would probably reply like Jacob Boehme: “I am not come to this meaning or to this work and knowledge through my own reason or through my own will and purpose; neither have I sought this knowledge nor so much as to know anything concerning it.

I sought only for the heart of God, therein to hide myself” (Boehme, Jacob, Aurora, English translation, 1764, P.237).

Dr. Antony Theodore
I Stepped In Into Your Sanctuary.

Dressed up in pure white
i stepped in into your sanctuary.

i cannot pray like others.
My dance before you is my prayer.

My dance is my adoration.

Even in nakedness i am pure
when i dance before you.

This is my ecstasy.
This is my offering.

Dr. Antony Theodore
I Taste Death

Oh! Reject me not!
Pain is absolute
and I taste death.

Dr. Antony Theodore
I Think Of You Mummy.

When the stars shine
In the mighty heavens
I think of you mummy.
My dearest mummy,
you are there in heaven.
You are there in the world of the stars.
You are a star.
You see me now,
looking up to you
and calling your name “Genova”;

( Genova is the real name of my beloved mummy.
She died at the age of 38. She had cancer. I miss her so much)

Dr. Antony Theodore
I Want To Bathe In Divine Light

In the divine light
I want to bathe.
I am sick.
I pray and I will be healed today.

Pray in faith and you will be healed.
my mummy told me when I was a child.

All those memories enkindled in me
I began to pray like a little child.

My mummy died.
She had cancer.
I am alone here.

But she sees me when I stand in light
and pray with folded hands.
Mummy and God are together.
One day I will also join them
in the world of the angels with white robes
and shining silver wings.

Dr. Antony Theodore
I Want To Be A Part Of Your Mystery.

A voice crying in the wilderness
"God is coming
Prepare yourself with
humble prayers and offerings”.

Replenished with the food
of spiritual nourishment
I humbly beseech you
I want to be a part of your mystery.

Hold me firm to things of heaven.
Protect me in your mercy.
Lift up my soul to you.

I have trusted you
I have set my hope in you.
Do not leave me alone.

Dr. Antony Theodore
I Want To Feel God's Presence Now.

I sing a new song this morning
praising this wonderful creation.

The heavens rejoiced with me
when I sang with my veena on my lap.

Oh tell among others about the wonders
of a God who loves and blesses.

Let the sea and all the fishes in it
sing the praise of God with me.

Let the fruits and trees and leaves
sing of the joy of the Lord at humans.

I seek His presence.
I do not want a vision.
But I want to feel his presence
now in me and around me.
(Veena is an Indian classical musical instrument. The melodies when played well shall lead you to spiritual heights).
(The graphic is Raja Ravivarma's Painting)

Dr. Antony Theodore
I Want To Find Favour In God's Presence.

God's law is perfect.
It revives the soul.
It is wisdom to the simple.
It gives light to the eyes.
God abides for ever
in the deepest recesses of the soul.
God knows the thoughts of my heart
before it lands on my tongue.
i want to find favour in his presence.

Dr. Antony Theodore
I Want To Follow My Bliss

Give me inner comfort and peace.
Help me to love myself, God.

I want to follow my bliss
which God gave me as a gift.

Help me to find the barriers
within myself, psychological
which I built against me.

By being myself and loving myself
i am putting something wonderful
in the world that was not there before.

(Graphic: comfort_zpsto3dyljf inner comfort. Genovamaaa's collections in photobucket)

Dr. Antony Theodore
I Want To Hide Myself In The Heart Of God

i seek only for the heart of God
therein to hide myself.
Mystical search is not the quest of joy,
but the satisfaction of a craving
impelled from within.

Dr. Antony Theodore
I Want To Kiss The Roots

The little stream sings and dances
on its way to the flower tree.
Waters bubble when it thinks of the flower tree.

I want to flow fast and kiss the roots
and my tree will blossom into
flowers beautiful and new.

Do you know now the secret of love
and its mystery that brings forth flowers
on my flower tree?

I want to flow fast.
Can’t wait anymore
to kiss the roots of my lover tree.

Dr. Antony Theodore
I Want To Love You O My God

I want to love you O my God,  
my strength, my life,  

You are my ornament.  
I adorn myself with you,  
with the thoughts of  
your love and care.  

I am never alone.  
You are my shield and my protection.  

Dr. Antony Theodore
I Want To See You.

I shall extol you my God and King.

I kneel down and look up
to the mighty heavens
and praise your from my lowly heart.

I want to rejoice and shout for joy.
I want to be meek and humble.
You love a humble and contrite heart.

You are a compassionate God
You forgive me although I don’t deserve.

You are faithful in all your words.

You raise up all who are bowed down.

O God reveal to me
Your holy face
I want to see you
I want to see you
I want to see you.

Dr. Antony Theodore
I Was A Slave Of This World.

It took time for me.
It took me years
to know you.

I was so entangled in
material ways and thoughts.

I was a slave to this world.
All that was mundane attracted me.
I ran after and fell deep in mud.

Lord it is so late that
I came to know you.

It took time for me
to know you and love you.

Dr. Antony Theodore
I Will Protect Her

She is mine.
She is my beloved.
She is my little angel.
Don't mess up with her.
She is mine.
I will protect her
even if I will have to be killed.

Dr. Antony Theodore
If I Do Not Listen To Myself

When I am listening to you
it is infinitely important
that I LISTEN TO MYSELF

If I do not listen to myself
I will not hear you.

If I do not listen to myself
I may distort everything you say.

If I do not listen to myself
I may come to you with
my own conditioning.

If I do not listen to myself
I may react to you
from my own insecurities.

Dr. Antony Theodore
If My Mind Has Fragrance

If my mind has fragrance
i shall find you in the fragrance.
I shall sense you and hug your smell.
I shall breathe in, your fragrance
that will penetrate my cells.

My cells shall then, bring me into prayer
and make me fall in adoration.

Dr. Antony Theodore
If Not To Surrender, Why Should I Love?

Love knows it is called to love.

Lifting up my eyes to your eyes,
you showed me your heart.
The love in me flowed into your heart.
I was consoled in glorious surrender.
If not to surrender, why should i love?

Love knows it is called to love.

Dr. Antony Theodore
If The Inspiration Is Genuine.

If the inspiration is genuine.

The artists begin with a blank canvas or page.
They create with paint or music.

They go inward and images appear.
They step down inward
and hear unheard melodies.

These inner images carry a feeling
with it, of wanting to be born.

The birth happens
in the inner cavity of the soul.

These impressions
will never fade away
if the inspiration is genuine.

(Graphic: Farfalla con verde foglia e goccia d'acqua — Foto di somchaj)

Dr. Antony Theodore
If You Are Angry.

If you are angry
face your anger
as a friend, in love.
Meet your anger
in non violence
with sympathy,
and with a loving heart.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
If You Die Before Me

If you die before me
I would jump down into your grave
and hug you so innocently
that angels will become jealous.

I shall kiss you.
So intimately shall I kiss you
that your breath becomes mine.
In one breath of love shall
we merge into hugs of true joy.

Your heart shall beat
in rhythms unheard
like the drums of the desert
and the wild forest in the night.

You shall murmur in my ears:
'Oh press me to your chest;
Tear open your chest,
Make way for me
to enter into your loving heart
that beats only for me in resounding colors.

Tell me please Oh my lover
Is it a rainbow that I see?
or the glow of a burning pyre?
Why is it that I cannot utter it in words?
Tell me glorious angels of love:
What am I experiencing in uncountable
moments of indescribable inner comfort?

Shivering in your presence
I shall long to dance with you.

If the dark souls lead you to Hades
I will dance and dance with you
even in the nether world.
We shall dance soft and then wild.
We shall dance together
as one body and soul
and break the fetters of hell
through love that emanates from our dance.

Dance so long and fine like a poem
until the Lords of the dark would faint.

Breaking the fetters of Hades
the white angels attired in beauty
shall fly down to pick you up on golden cradles
and carry you to the world of God.

So you will be free and fly away
from me into the world of the heavens
where angels shall kiss your sacred body.
You will be attired in gold and white
and in varied colors in tune
with the flowers of heaven.

Then you need no space to live and breathe.

Into that world of purity you will go
and I will be here on earth
dreaming of your joys with
the Heavenly spirits.

Shall I wait?

Shall I wait at dusk and dawn
in sobs and a heaving heart
with such desire and passion
to reach you one day
in your world of happiness.

(It is the belief that once your lady love dies before you, she has to go to the Hades and there she has to dance so fiercely and lovingly to make the Lords of Darkness faint and then she shall be free from the chains of hell.
Here the living lover is ready to go to hell to dance with her most fiercely and save her from the hell)
If You Lift Yourself Up To Me.

If you lift yourself up to me
with all your heart
I shall be with you in your distress
for you have heard the words of my mouth.

I shall clothe you with my robe of mercy
And gird you with my joy.
I shall fix you like a peg in a sure spot
I shall give you honor wherever you are.

- 

O unseen God!
worshiping you in my secret temple
I offer you the incense of love
before your golden shrine.

I shall sing your praises
playing on my veena.

Would you be pleased
when I dance
through the night
in your holy presence,
until the dawn breaks
into mild golden rays.

(Veena is an Indian musical instrument)

Dr. Antony Theodore
If You Take Away My Breath

If you take away my breath
I will fall down and perish.
My body shall return to dust.

I feel God's life-giving breath
when in springtime the nature
wakes up from the winter sleep.

You alone can renew
the face of the earth.

I shall open my mouth
and gladly praise my God.

God's love endures forever.

Dr. Antony Theodore
Immerse Yourself In The Silence Of The Desert.

Immerse yourself in
the silence of the desert.

Listen to the wisdom
of stories unheard.

Remain in meditation
with keen ears.

It will give you,
the key to profound deep
things that are not accessible
to us in the world outside.

(Once I spent days in the Egyptian desert. This experience is living in now living in a busy city, one can create an imaginary desert and enjoy the silence of the desert. This is an experience).

Dr. Antony Theodore
Immortal Spark Of The Eternal Fire

Since there is an immortal spark of the eternal fire in man, he is implicitly a child of the infinite.

This immortal spark should be brought to the conscious field, by healthy discipline out of its hiding place deep down in the center of man and make it the dominant element in the personality.

Dr. Antony Theodore
Impelled To Abandon The Solitude

The solitude of the wilderness
is essential for the mystical education.
But mystics are impelled to abandon
their solitude after establishing themselves
in the transcendental levels, being
united with the source not merely
in temporary ecstasies,
but in complete surrender.

Abandoning the solitude thus,
they resume their contact with the world
to become the medium
whereby, life flowed
out to other men and women.

(Graphic: Ron DiCianni: In the Garden Artwork)

Dr. Antony Theodore
In Contact With The Sweet Point In The Heart.

It is a great realization
to know that you are not false.

It comes from the consciousness
that You are true
to your own self
to others
to the world
and to the Universe.

This is a revelation
and a permanent joy.

Then you are in contact
with the sweet point in your heart.

This point is mystically beautiful.

This point is still.
It does not reach out for you.
But it never abandons you.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
In God Alone Shall My Soul Come To Rest.

When i devotedly turn
  to the cries of my heart
  and listen carefully,
then I feel that my heart yearns
for something greater than all I have
the eternal, the Almighty.

My soul Yearns and longs for God.
In God alone shall my soul come to rest.

(Graphic: Photobucket  genovamaaa's collecions)

Dr. Antony Theodore
In My Daughter's Eyes.

In my daughter’s eyes,
I am a hero, strong and wise,
and I know no fear.

But the truth is that
I see who I want to be
in my daughter’s eyes.

My child shall remember me
for the feeling that I cherished her.
The material possessions
are trivial when you love.

A mother’s love for her child
is like nothing else in the world.
It’s fierce, forever protective.
It will not allow anything
to stand in its path.

Dr. Antony Theodore
In My Joy And In My Distress.

I come to my God
in my joy and in my distress.

With the lighted oil lamp
I place my feet
on to your sanctuary
to love you and adore you.

Come to me in my joys and distress.
I cannot live without you.
All the experiences here on earth
will not last I know.

Even my sexual joys is doomed
not to last and I need you
my permanent lover.

Your pure love for me
shall never fade.

Dr. Antony Theodore
In My Sandalwood Garden

I built a small hut
In my sandalwood garden..
The wind fell in love with
my sandalwood trees.
Wind comes to visit sandals
every now and then,
in the morning, noon and at dusk.
The wind comes stealthily at night
to visit the lady love, The Sandal.

Why do I need a mansion?
I sleep in my small hut
peacefully, breathing always
the sandal perfume
which the wind steals from
his lady love.

Dr. Antony Theodore
In My Sleep I Murmur, "God Come To Me."

I went in search of God.

I went to the highest i could.
Behold! God was far higher
than i could ever imagine.

Is God abiding within me?
How can it be that i am a sinner.

My curiosity took me to
the lowest depths.
I looked for my God there
in the lowest depths.
Behold! God was still deeper.

I looked outside me.
He was beyond my farthest.

I looked within in search of him.
Behold! he was more inward still.

I am still in search of him
whom my heart loves.

In my sleep i murmur, "God come to me."

(Graphic: William Goldman's quotation)

Dr. Antony Theodore
In Not Finding God I Find God.

When i am not able to find you my God
i find you.

In not finding i find you.

Not finding God is positive.

At the bed of a cancer patient
i talked about God.
He got angry with me.
'Please stop this nonsense'.

i wanted to go away.
Then he turned and asked me
when will you come again?
I want your presence,
not your talk about God.

Before he died he told me
I found God in your loving presence.
I know and believe in God.
We can never understand God
with our arguments.
Human intelligence is too small for that.

That is why I did not want to hear you
talking about God.
In not finding God, God is present.

He died on my lap.
(Using the small 'i' is purposeful.
This is not here presented as a poem. i like to present ideas that may help a man or a woman who seek the presence of God)

Dr. Antony Theodore
In Pride, A Poet Loses His Graceful Fineness

In pride, a poet loses his graceful fineness

Humility is a God-given grace for a poet.

This grace comes from God along with the true inspiration.

Pride and egoism kills this grace.
In pride, a poet loses his fineness and goodness.

Dr. Antony Theodore
In Quiescence Alone Can You Listen To His Eternal Voice. 

Immerse deep intranquility 
sorrounded now only 
by unseen powers 
which in tranquil quietude 
weaves secret dreams 
from what was, is, and what can be.

Plunge deep into the profound 
blue ocean of silentness, 
to harken the inaudible 
soft tunes and the rustle 
of the wind and the leaves 
and listen to the songs of the buds 
bursting into full bloom.

Solitude waits at my door 
calling me from afar: 
,'Come enter my house of silence. 
In quiescence alone can you 
listen to His Eternal Voice'.

(Graphic: redsky at night in rest)

Dr. Antony Theodore
In Seclusion With The Holy One.

Moses and Paul prepared
for their missions in seclusions
with the Holy One.

Jerome prepared himself
for his scholarly contributions
in a monastery and praised
the uncluttered view from the desert.

Solitude is only a means to an end.
It is not the ultimate end.

A readiness for the austere
life of the desert
and the vigorous inner
turmoil of the life
of the spirit is developed
in the silence of the desert.

(All references are from the Holy Bible)

Dr. Antony Theodore
In Silence Alone Can You Feel Me.

I remained on the island of mercy
all alone in silence.

Birds of joyful love
flew to me
around me
to feel my benevolent presence.

I saw my shadow on the lowly water.
The water was still,
so was my heart.

In the mystic atmosphere,
I felt His presence.
He told me:
Alone in silence can you feel me.

Dr. Antony Theodore
In Spirit You Are Pure Love.

In spirit,
you are unbounded
by time and space,
untouched by experience.

In spirit you are pure love.

Identify yourself with
your spiritual nature.
Love is your true nature.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
In Subtle Nuances,

In subtle nuances,
in feathery steps,
in the rhythm of melodies
ever new and unheard,
I shall dance and dance
calling you to my
secret cave of love.

(Graphic: sarathy bose saved to bharadham
22
Sharon:Pinterest)

Dr. Antony Theodore
In the Catacomb(s) of Callixtus
(also known as the Cemetery of Callixtus)

A woman prayed in the third century.
Her picture is on the walls of the Catacomb,
covered the head with a veil
wearing a costly vestment
opening her palms like a shell
she lifts up her hands to God above,
a gesture which lifts us all up to God
as if she prays for all of us.

All women and men of all religions
have lifted up their hands
opening up the palms
to the Gods and Goddesses
of the antique age.

Here in the Catacomb stays a woman
in the underground dark cemetery
praying at the face of death and graves.

Hindus, Muslims, Christians
come, we shall lift up our hands
and open it like an open shell.

God, who is beyond all religions
will listen to our prayers for unity.

(There is the mural painting of praying woman
even now in the underground cemetery of the catacomb in Rom. This poem was
written after seeing it).

Dr. Antony Theodore
In The Depths Of The Night I Raised My Hands To You.

From the depths i cried to you my God and commented my spirit into your holy hands.

In the depths of the night i lifted my hands to you.
In the morning you made me know your love.

You were a rock of refuge for me in the night.
You released me from the hidden snares of my enemies.

My soul waited for my Lord and he heard my cry.
My soul longed for my God and counted on his word.

My ears are attentive and i shall never be disappointed.

(as i wrote it, i was very much influenced by the Book of Psalms in the Holy Bible).

Dr. Antony Theodore
In The Desert Of The Heart

In the desert of the heart
a mystic emerges to be
more universal, breaking
the barriers
of limited thinking.

One explores the inner waste
of one's own being.

Only in a desert,
where created joys
are consumed
and reborn in God,
without the narrow
considerations
of social, political,
racial or religious groupings,
can a true contemplative
breathe freely and enjoy
that fountain of eternal waters,
which could truly quench
the most intense thirst.

He feels the strength
of the evolving unity
within himself enabling
him to embrace
the existence of diversities
behind which he perceives
the unity in God.

Dr. Antony Theodore
In The Encounter With Pain

Even though when I struggle and grapple
through the ups and downs of life
I will emerge stronger,
more focused and vital.

In the encounter with pain,
I am purified,
emptied
and renewed.

I die only to rise
more hope-filled and grateful.

Dr. Antony Theodore
In The Intensification Of Faith In Love, Mystical Experience Becomes Valuable.

Faith in God is higher and perfect than all knowledge. Mystical experience becomes valuable only in the intensification of faith in love.

It is in the humility of living faith our true greatness lies and the more simple our faith is, the closer it brings us to God.

Going out of ourselves is an act at the very summit of our being. Then, we are not moved by our own nature, but we are moved by God.

God is infinitely above us and yet dwells in the depths of our being.

Dr. Antony Theodore
In The Perception Of Beauty.

In the perception of beauty
there is an identity and harmony
between the mind and the things.

When the experience of harmony
become so complete,

when the beautiful become so sublime,

a deep realization of that

leads the soul into true mystic state,

and touches the absolute.

Dr. Antony Theodore
In The Presence Of My  Beloved.

In the presence of my beloved
There is no sin or virtue
Darkness or light
No philosophy or theology

There are only flowers and fruits without a tree
There is only the radiant shine.
There is no austere life.
There is no knowledge,
No place and space.
There is nothing but you.
Only you are present,
My beloved.

Dr. Antony Theodore
In The Silent Shade

Pensive do I sit
in the silent shade
of wishes unfulfilled.

Dr. Antony Theodore
In The Storm Of Arrows In The Valley, I Carry Your Heart With Me.

In God is the breath of all mankind.
You are my breath when I pray to you.

My flesh yearns for you.

I carry your heart with me

in rain and in sunshine
in snow and in hail
in the darkest clouds and typhoon
in the shower of stones
and in the flurry of blows.

In the storm of arrows in the valley,
i shall lift up my lowly heart
to you and shall not waver and fear.

You are with me always, oh my God.

(graphic: Souls on Fire | Mobile Balance
Mobile Balance -
I am a soul on fire.)

Dr. Antony Theodore
In The Waiting Womb Of My Soul

All my words shall merge into
the living Word of God.
It shall be purified in the fire of love
in the furnace of my heart.

In the waiting womb of my soul,
God's word shall fall
like seeds in pure stillness.

It will germinate there
in a centering silence
like the pupa bringing forth
the colorful butterfly.

Conceived in love,
the spirit shall flow
from heart to heart
with the nectar of love.

(Graphic:

Dr. Antony Theodore)
In The Wilderness I Sit.

In the wilderness I sit
all alone
meditating on your wonders.

There is only the sky above.
The angels watch me when I pray.

Only in the aloneness
I can lift up my heart and my brain
to the Lord Almighty.

This aloneness
gives me strength.
It unites me with the Almighty God.
Let his Holy Name be praised.

Dr. Antony Theodore
In This Ocean Of Sadness

Can you listen to me my friend?
Can you listen to me
when I play on my flute
benevolent notes of love?
Can you listen to me my friend?

Do you hear the music of sadness?
Do you feel the sense of loss in my music?
Do you hear the tiny drops of tears
that fall deep down in my soul?

In this ocean of sadness
who will come to me to lift me up
when I play the music of love?

(i lost my beloved niece yesterday. Her name was Manu. She was only 34. she died of cancer at such a young age. i was present for her burial. flying back to Germany i could not contain the sadness and wrote this poem. please pray my dear friends. thank you. tony

Graphic: Albinoni's Adagio.. from photo bucket. genovamaaa's collection)

Dr. Antony Theodore
In Utter Quietude Of The Soul

In the hush that transforms all fear,
in the small and still whisper
i listen to you my God.

In utter quietude of the soul
i shall bid farewell to words.

In God's control i remain still.
i shall know then, what is bliss
in God's benevolent presence.

Dr. Antony Theodore
In Utter Silence

In utter silence
through the green meadows
i reached the small chapel.

There in the silence
i talked with God.
God was happy.
I was happy.
All the angels around me were happy

My mother in heaven
smiled from heaven.
I saw her smile in between
my murmurings to God.

I was filled with peace
which earth cannot give.

Dr. Antony Theodore
In You I Am Always Secure.

Loving God
in you i am secure
contained and rescued.

I live to see that i am
accepted and loved
like the child by the mother,
like the brother by the sister.

Loving God,
we call you father.
In you, there is tenderness,
affectionateness and endearment.
I feel also your power.

In you, there is immensity
and boundlessness
because you are the Father
of all human beings.

In you there is no difference
between the races, colour or culture.

We learn from you love and justice.

My God, in you, i know
that i am always secure.

Dr. Antony Theodore
In Your Weakness, My Strength Will Shine.

Keep your palms together
and pray silently.

Close your eyes.
Think of the Almighty God
who loves all, without partiality.

In your weakness, my strength will shine.
God promises me that every day.

I believe in these words.
I kneel down with lifted hands.

Pray always whenever you can
Pray more. Worry less.

Dr. Antony Theodore
Individualism As The Epitome Of Egocentricity.

The characteristic of the mass society is that it is terribly individualistic.

It isolates each individual subject from his immediate neighbor reducing his relationship to a state of impersonal, purely formal and abstract one.

Individualism as understood in modern society is the epitome of egocentricity.

Since the renaissance, individualism has been an excuse to irresponsibility.

Pseudo spiritual individualism divinizes material success.

The individual hides from his natural unity with all mankind.

The tendency of conformism kills the singular traits of each being.

Thus, many are incapable of authenticity.

Dr. Antony Theodore
Infancy Is A Divine State.

Baby face is the face of paradise.
In celestial light
are we bathed
before our birth.

Infancy is a divine state.

God is our home.
Naked we come from celestial glory,
bare and innocent,
nothing to hide,
radiant innocence
where angels and mothers kiss.

Holy is the life of a baby.
Baby face is the face of paradise.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
Infinite Dimensions

God is infinite intelligence
moving at infinite speed
through infinite dimensions.

Look o Poets! ! !
in the vast expanse of consciousness.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
Inner And Deep-Felt Joy Is A Sign.

Every one of us
have an inner life
that can develop into
a contemplative life.

Our contemplation
leads us to ecstatic joy.

Inner and deep-felt joy
is the sign that meditation
grows into its summit.

Some mystics call it
acquired contemplation,
or the prayer of simple regard.

Under the guidance of God's Spirit,
it develops into the God-given
contemplation that rises
through purification into the
Mystical or Spiritual Marriage.

(Graphic: Reconnect with Your Inner Joy - The Golden Space Malaysia
joy-session-e1509733918886)

Dr. Antony Theodore
Inner Comfort Of Hugs

When she hugs me
and takes my face to her breasts
the comfort is in my mind
and not in my body.

Love goes beyond words.
True love has thousand colours.

It is the magic of life.
It is like the fluttering wings
of the little butterfly
when it is about to land
on a flower that dances in the wind.

Dr. Antony Theodore
Inner Harmony

There is an inner sun in me radiating in and through.

It depicts my inner harmony. It manifests love and spreads light all around me.

It gives me light in my eyes, a smile on my lips and joy in my heart.

Harmony helps prayers sublime to reach the heart of the Highest Eternal, Never ending and Unseen One.

He conquered me with his love. He smiled at me and mystified my soul with his affection and love.

Now I live only for Him, the Lover of my soul and the Lord of the universe chanting all along His praises on my lips.

Dr. Antony Theodore
Inner Non-Physical Space

Our words hide God from us.

Get away from all our conceptions of God.

The true way to the real self and the realization of God is in the depths of intuitive perceptive faculty, in the inner non-physical space of the soul.

(Reaching for the Sky)

Dr. Antony Theodore
Inner Voice

There is a voice within you
which no one,
not even you,
have ever heard.

When you speak from that deep inner voice,
You are speaking from your unique
inner tabernacle of your own presence.

Sense the beauty of this inner voice.

(I published this poem in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time with this second name)

Dr. Antony Theodore
Innocence Is Still In Tact.

Underneath everything
that you think and feel,
Innocence is still in tact.

Time cannot blemish your essence,
or your portion of spirit.

Do not lose sight of this essence.
Do not mistake yourself
for your experience.
Published on October 16, 2010 in Poetfreak under the name Genovamaaa.
Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
Innocence Is Still Intact.

Underneath everything
that you think and feel,
Innocence is still intact.

Time cannot blemish your essence,
or your portion of spirit.

Do not lose sight of this essence.
Do not mistake yourself
for your experience.

(This was published in Poetfreak under the name of Genovamaaa. Genova was
my beloved mother. She died at the young age of 38. I want to keep her name
alive as long as I am alive).

Dr. Antony Theodore
Innocent Joys

Looking at the shooting stars
I wished a kiss from you.
I have thirst for forbidden tastes.

Shall we hold hands and sit
on the shore of this rivulet
to dream of castles and fairies?

You are a scented flower;
Oh, how I love to kiss your petals.

I am a big bird
and I carry you on my wings
to the land of spring blossoms.

Shall I pour honey on your tongue
and may I lick it from you?

When you giggle
I shall laugh.
When you smile
shall I pinch your nose?

Come let us run on bare feet
on the green grass
racing each other.
I shall then allow you to win the race.

That will be my joy when I go to sleep;
You and me and You win always.

Dr. Antony Theodore
Intellect Is Not Itself The Essence Of Truth.

In virtue i love peace.
In vice i hate discord.
There is unity in one
and division in the other.

The rational mind,
the nature of truth,
and the nature of
the highest good
lay in this unity.

The intellect must
be enlightened
by the supreme light
to be a partaker
in the truth.

Intellect is not itself
the essence of truth.

Light in me your lamp O God,
fill me with your light
and enlighten my darkness.

Dr. Antony Theodore
Intense Sense Of Divine Absence.

The consciousness which enjoys
the sense of divine presence
in a mystical experience,
now suffers under an equally intense
sense of divine absence.
The senses are cleansed and humbled
and the energies and interests of the self
are concentrated upon transcendental things.

Dr. Antony Theodore
Intimacy Has No Limit In The Soul.

The soul is a presence of the divine world.  
It cannot invent itself.  
The soul holds the echo of primal intimacy.  
This original echo whispers with every heart.  
Intimacy has no limit in the soul.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Into The Garden Of My Heart They Flew.

From the horizon
they flew down,
the birds of love.

They flew to my heart,
in the garden of my heart
to settle there to teach me
how to love in this mad world.

Their beauty attracted me.
So I listened to the chattering
of these lovebirds who were keen
to teach me the joys of love.

They told me about the beauty of God,
God's angels and saints
in the world of eternal sunshine.

Birds from that world of love
told me: Love and love alone can
bring you to the world of beauty
from which we flew down to your heart.

I simply believed it and remain
in meditation, drinking in
the beauty of the world of love.

Dr. Antony Theodore
Into The Inmost Being.

The mystical sense
transcends the emotional,
intellectual and volitional life
of ordinary men.

God leads the mystic
to enter into the inmost being.

It is a returning into one’s own self.

Dr. Antony Theodore
Into The inner Sanctuary Beyond Analytical Reflection.

A mystic wants to enter into the heart.

He wants to penetrate the deepest psychological ground of one's personality.

It is the inner sanctuary where self-awareness goes beyond analytical reflection.

It opens out into mystical confrontation with the Abyss of the Unknown, yet present.

God is more intimate to us than we are to ourselves.

(Building You Inner Sanctuary &gt; You Can SOAR A Ministry of Recovery & Restoration &gt; "

Dr. Antony Theodore
Intuition And Communication.

Poetry is a record of experience. The poet sets out to communicate something that transcends fact or opinion.

An obscure intuition is expressed by a combination of words and structures.

Dr. Antony Theodore
Invisible Source

Source Invisible,

I bow before life. 
It is spontaneous reverence
before the sacredness of life.

I want to touch being itself.
It is spontaneous desire.

I wonder at the sacredness of being.

My awareness of my being
is like bubbles at a spring
throbbing up from the bottom.

Did you see – the source is invisible
transcendent and infinitely abundant.

Dr. Antony Theodore
Is It By Your Understanding That The Hawk Soars?

Anyone who thinks
they have a solid grasp
of life should try designing
and making something
remotely comparable to
a hawk or an eagle.

Flying toys with flapping wings
don't even come close.
Those things are made
on assembly lines, part by part,
only to fall apart with repeated use.

Job was reminded
of his smallness
when asked by his Creator,
"Is it by your understanding
that the hawk soars
and spreads his wings
toward the south?
Is it at your command
that the eagle mounts up
and makes his nest on high?" (Job 39: 26-27).

It makes us humble
thousands of years later.

(Graphic: Wingsdomain red tail hawk flying Pinterest)

Dr. Antony Theodore
Is Not Life Itself A Miracle?

What will it be tomorrow
or the day after,
is beyond our grasp.
We do not know the future.

What was, has passed away
and can not be changed anyway.

What remains
is the wonder
of this moment.

I approach this moment
with a smile
and a good positive thought
enchanted in a definite way.

Is not life itself a miracle?

Each of us is born naked
and is being gifted from day to day.

Every new day offers opportunities
to learn and to grow.
Every new day is a gift.

Dr. Antony Theodore
It Blows, Bruises And Burns Us.

The disappointments and struggles
that we face everyday
knock, blow, bruise and burn us.

But it shapes us anew.

We see the struggles of others
in a different light.
It makes us compassionate.

Dr. Antony Theodore
It Is A Special Mental State.

Genuine inspiration is a special mental state.

We feel our words and descriptions are born from elsewhere beyond the human phenomena.

We are only then instruments of a supernatural power working in and through us.

(Finding Your Inner Peace - Add Haiti Helping to Bring Peace, Love, and Happiness meditation-peace)

Dr. Antony Theodore
It Is A Suprarational Intuition

A genuine aesthetic experience
is a suprarational intuition
of the hidden perfection of things.

It's mode of apprehension
is that of a relationship.

It reaches out to grasp
the inner reality by a kind
of affective identification with it.

Dr. Antony Theodore
It Is Both 'either Or'and'neither Nor'.

The paradox in a mystical experience extends to the creations of conditions conducive to the ultimate experience.

It is not a matter of theology of light or darkness, affirmation or negation, immanence or transcendence.

It is both 'either or' and 'neither nor'.

Man's participation is both active and passive, but the control does not lie with him.

It is the cloud of unknowing into which we fall back, when we think of God.

One can only experience the presence of God.

This experience lies beyond expression.

Dr. Antony Theodore
It Is Love Calling Love

It is love calling love.

Love flings open a door
that, larger life may rush in
to unite itself with the soul.

He is no farther than the door of your heart.
There He stands patiently for the one
who opens the door and let him in.

He can hardly wait for you to open up.
He longs for you a thousand times
more than you long for him.

The opening and the entering are a single act.

(Graphic: Saved from
)

Dr. Antony Theodore
It Is Love Calling To Love.

The spiritual pilgrim goes because he is called. He wants to go and must go if he is to find rest and peace.

It is love calling to love.

Love flings open a door in order that the larger life may rush in so that it and the soul become one.

He is no farther than the door of your heart.

Dr. Antony Theodore
It Is Midnight My God.

I pray to you lord
now in silence.

All around me,
the nature is sleeping.

It s midnight my God.

I am here awake
to converse with you.
You are in the heavens
but you are here also.
You are immanent
and ever near to me.

But sometimes
you seem to be so far away.
I am sure, in my darkness
you will come to me as light.
In my sadness you are
my comforter.

Dr. Antony Theodore
It Is My Soul's Quest

Day and night i crave for you.
The Eternal and Merciful
is my goal to reach.

It is my soul's quest
to reach him one day.

It is the joy of my soul
It is the joy of my being.
I live here on earth
to achieve these moments.

(Graphic: god born in our soul_zpsprohb7lb)

Dr. Antony Theodore

The object of faith is the truth. Ideas and words are not the food of intelligence, but the truth.

It is a truth that assimilates and not a truth that is assimilated.

It is not an abstract truth that feeds the mind alone.

The truth that a spiritual man seeks is the whole truth, reality, existence and essence together, which can be embraced and loved.

One comes to illumination by the grace of God in faith.

Dr. Antony Theodore
It is fire.
It is warmth.
It is peace.
It is love.
It is harmony.
It is mercy.
It is pure joy.

(Frank O'Hara's "Meditations in an Emergency": A Poem for Our Moment - Cultural Weekly)

Dr. Antony Theodore
It is the heart and never the reason
which leads us to the Absolute.

Mystical literature glow
with this intimate and impassioned love
of the Absolute which transcends
the dogmatic language.

“There in the lucky dark,
one to observe me, darkness far and wide;
no sign for me to mark,
no other light, no guide
except for my heart—the fire, the fire inside!”

(St. John of the Cross, “The Dark Night” in the Poems of St. John of the Cross,
third edition, original Spanish texts and English translations by John Frederick

Dr. Antony Theodore
It Is The Mystery Of The Unfathomable.

Contemplate on the clouds.
See and learn from it.

All the elements of nature
teach us about the eternal being
from whose creative hand
every element flows.

Meditate on the clouds.
Clouds are like dreams.
They take us to a dreamy world
and then leave us in reality.

We understand and do not understand
the designs of the wonderful nature.

It is the creator's wisdom
It is the mystery of the unfathomable.

(art, beautiful, clouds, color - image #651199 on)

Dr. Antony Theodore
It Is You Whom I Adore

You who formed my inmost being
You who entered the womb of my mother
You whose breath gave me life
You who opened my eyes
to see the first light,
it is You whom i adore
in the innermost recess of my heart.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
It Will Not Heal!

My hearts’ wounds are healed
Without a stain are they healed.

But it pains me somewhere.
But it pains me deep down.
Somewhere in a corner, pain breathes..

And I remembered
the wisdom of the wise man:
"The wounds of the heart
shall not be healed."

Dr. Antony Theodore
It Wounds My Inner Core

A winged and holy thing
once flew into me.

Every flutter of its wings
wounds my inner core.
And I begin to sing
sweet songs of eternity.

Dr. Antony Theodore
Jesus Is Beyond All Religions

Jesus is not a Christian
Jesus is not a Hindu
Jesus is not a Muslim
Jesus is not a Buddhist
Jesus is not the monopoly of any religion

Jesus is universal.
Jesus is beyond the Religions.
Jesus is eternal.

Jesus died on the Cross
Jesus died a terrible death
To lift up the whole creation
Into the benevolent presence of
Truth and only Truth
Who is God the Almighty.

This universal Jesus, I love.
And convinced
That Jesus loves me.
It is my consolation
And I live joyously
Singing my own psalms
Coined in prayer
And murmur it day and night
And I smile a beautiful smile.

This faith makes me happy
and it is true
I am happy always.

(I am presenting an idea and did not care much about the poetic quality here).

Dr. Antony Theodore
Joy Is Contagious

God is my consolation.  
Why should I be anxious?  
Anxiety takes my smile away.

Joy is my dress which I try to wear every morning.  
I smile knowingly because a happy heart is cheerful.

Hatred crushes the spirit.  
I want to love all those who hate me.

I want to dream deeply of peace and love.  
I want to express great joy.  
Joy is contagious

Dr. Antony Theodore
Just Want To Send You A Hug

Just want to send a hug
your way
to say that I love you.

In Sunshine and in rain,
in snow and heat,
i like to come to you
to hold your hand.

In all you do and enjoy
may God's grace be upon you.

So smile the day away 'my sweet heart'.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
Keep The Relationship With God Intact

Be kind.
Live with heavenly motives.
Be pleasant.
Be loving
Keep a smile.
Be honest and sincere.
Do not deceive.
Cheating kills your joy.
Give the best you have.
Keep the relationship with God intact

Dr. Antony Theodore
Keeping Time With The Great Rhythm Of The Spiritual Universe

The mystic acquires the art of fellowship with the 'great life of the All', and draws strength and joy.

He begins to keep time with the great rhythm of the spiritual universe and feels that he has found his place.

Dr. Antony Theodore
Kindle A Raging Fire

God,
kindle a raging fire
in my darkness.

Pour down your rain of love
in my continuing dryness.

Dr. Antony Theodore
Kiss On The Corner Of The Soul

The Spirit speaks through the eyes.
The little butterfly of the heart
kisses the little corners of the soul
and rediscovers the smiling innocence.
The Spirit speaks through the eyes.

Dr. Antony Theodore
Kneel Down And Pray

Sip down the essence of inspiration
And glorify this wonderful morning.

Walk into the gates of the holy Ones
And kneel down to pray
To the Almighty.
'Oh lift me up from my sinful world'.

I lift up my mind and heart
And repeat I am sinful
Come and lift me up
On to your loving chest
Press me soft on you.
And make me feel that I am cured.

Dr. Antony Theodore
Know That You Are Love.

Love is the essential reality. 
It is the purpose of life.

Experience love in yourselves.

Meditate and find the love 
living in your heart.

Know that love is in you. 
It is born in you. 
It lives in you. 
God makes you loveable.

The strength to give this love 
to others comes in meditation.

That is the joy of the wonder, 
you will see working in you 
without your own knowledge.

Forgive yourself. 
Forgive all others 
who offended you. 
Then you receive the strength 
to know that you are love.

(Graphic: nevershoutnever - i love you more than you will ever know. 
Pinterest

Dr. Antony Theodore

www.PoemHunter.com - The World's Poetry Archive
Know Your True Self

Know your true self.

All we need is love.
The purpose of life is love.

To love,
to be loved.

This love is within us,
because we are love.

Know your true self.
Then you will know that you are love.

Dr. Antony Theodore
Knowing God By Communion.

As the mystic grows
in his earnest aspirations
to reach God,
he knows God by communion,
and this direct intuition
of the Absolute
kills all lesser cravings.

He possesses God
and needs nothing more.

Having eyes set on eternity,
his consciousness steeped in it,
he can well afford
to tolerate the entanglements of time.

Mysticism is an entirely spiritual activity.
Its aims are wholly transcendental and spiritual.

Dr. Antony Theodore
Knowledge And Enlightenment

Once a student asked her Guru

"What is the difference between one who has wisdom and knowledge and someone who is enlightened?"

The Guru responded immediately:
"It is very easy,
The one who has wisdom and knowledge is the one who carries a candle in the darkness and lights the way.

The one who is enlightened has become the torch itself;"

Dr. Antony Theodore
Knowledge Of The Ideal Beauty Is Innate In A True Poet.

Synthesis of mystic graces and aesthetic sensitivity enables a poet to transcend the rational and intuit the whole throughprehension rather than comprehension.

In a true poet the knowledge of the ideal beauty is innate. He knows it intuitively in intellectual ecstasy.

He knows it at the highest level of conscious being even without ideation.

(Innate Beauty Quotes: top 12 quotes about Innate Beauty from...

Innate Beauty Quotes Pictures 3)

Dr. Antony Theodore
Lead Me To The Throne Of Light.

When the spring rains came
I stood at the doorsteps
of my little hut in the woods.

I saw my moist heart
glistening in the mild rain drops.

I am waiting here to be suckled
oh invisible little fairy.

Leave imprints on me, in me.

Fill my eager mouth
with the pot of potion
of living romance.

Suckle the nectar
of my lonely heartflower.

Leave it wet by your soaking lips.

See my sorrowful heart
and lead me to the
throne of light.

(Graphic: What Does the Bible Say About the Kingdom of God?
Pinterest
From a throne in heaven, light shines on the earth. What is the Kingdom)

Dr. Antony Theodore
Lean Down From Your Sanctuary On High.

Oh! The Almighty One,
The One who endures for ever,

listen to the prayers of the helpless.

Lean down from your sanctuary.
Listen to the groans of the sick.
Heal the sick who pleads before you.

This is my prayer at midnight.
Look at me your servant
kneeling down before you.

(Graphic: Picture My Thoughts by Myra Johnson)

Dr. Antony Theodore
Learn To Listen To The Pain.

Learn to listen to the pain.

Body is a bridge
that carry us from our inner life
to the outer world.

Pain often gives us insight
as to where the bridge
is experiencing the most stress.

Pain lets us know
where we might crack,
where our lives need
to be reinforced and rested,
in order for us to keep bringing
our inner and outer lives together.

When we suffer from deep and acute pains,
learn how to hold on and let go.
Learn how to endure.
It means learning to let the pain go through.
without denying its hurt.
Learn to listen to the pain.

Dr. Antony Theodore
Let God Be The Water Of Your Soul.

Are your insides starting to shrivel?
God tells: Then Drink me! ! !

Internalize God. Ingest God in you.
Welcome God into the inner
and outer workings of your life.

Let God be the water of your soul.

I need God's work, God's energy,
God's lordship, and God's love.

Make a prayer for the thirsty heart.

God, i am thirsty, i want to drink from you.
I can do all things through the Almighty,
who gives me the needed energy and strength.

I receive your love now at this moment.
Nothing shall separate me from you.

(Graphic: Spiritual Sheet Music by Glen Shulfer | Glensong Music
Glen Shulfer
Lord, My Soul Is Thirsting For You ~ Psalm 63 by Glen Shulfer)

Dr. Antony Theodore
Let Him kiss me with the kisses of His mouth.
It is the soul thirsting for God.
She is held by the bond of love to Him.
Of all the sentiments of nature
this love is the most excellent.
She kisses Him who is the principle
and fountain of love - God.

Are there any expressions equally sweet
to signify the mutual affection
between God and the soul?

They have one inheritance,
one dwelling place,
and they are one flesh.

So the soul is the Bride.
and the Bridegroom, God

(From the Holy Bible
Song of Solomon 1: 2 Let him kiss me with the kisses of his mouth)

(Graphic: Mary O saved to Let love be Sincere
Let him kiss me with the kisses of his mouth— for your love is more delightful
than wine. ~ Song of Songs 1: 2 Join us on facebook: Ruby Wives)

Dr. Antony Theodore
Let Me Be Lost In The Splendour Of Your Face.

Sing praise,  
play music.  
Rejoice o hearts,  
seek God's face.

Think of God's wondrous deeds.  
Learn to know God's signs.

God,  
turn my heart  
to your glorified throne.  
Let me be lost in the splendour  
of your beautiful face.

(I know God has no face but still.............)

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
Let Me Wake Into Thy Light

Touch and enliven my awareness.
Enter into my deep silence.
Breathe in me consciousness thine
and let my depths wake into thy light.

Dr. Antony Theodore
Let Us Smile And Laugh.

Children laugh at least
five hundred times a day;
adults may be a few times.

I want to give praise during my life time.
I will not be a dead person among the living.

Our presence, our body language
and words must radiate the message
that we are delighted to be here.

We are the happy bearers
of God's message of love.
Let us smile and laugh
and believe that life is a celebration

Dr. Antony Theodore
Let Your Religion Be A Love Affair

With all the power of my being
I shall bless God’s holy name.
My soul, do not forget the gifts of God.
- -
God pardons all your iniquities,
redeems you from destruction,
crowns you with kindness and compassion.

God Heals all your sicknesses.
He will not chide you.
He does not deal with you
according to your sins.

God will not remember the sins
Because God is love.
- -
From morning’s first light
to evening’s last star,
always remember
how special you are
because God thinks of you.
-
Let your religion be less of a theory
and more of a love affair.

Dr. Antony Theodore
Let Your Secrets Become My Dreams

Little sparrow of my heart,
tell me your secrets.
Murmur it in my ears when I sleep
Let your secrets become my dreams.

Dr. Antony Theodore
Life Is A Celebration.

I am the singer who sings to the dance of life
My songs shall be every soul’s delight.

Come, dance to the rhythm of life.

Forget the past.

Burn the sorrows to the roots.

Pick up the stars of joy.
Crown with it yourself
And dance to the drums of never ending joy.

Life is a celebration.

Dr. Antony Theodore
Life Is A Mystery. Wake Up! ! !

Sufferings and evil
Torture and destruction
Hunger and death
Natural catastrophe, why?

You can use religious and other formulas
But you will never find an answer.

Life is a mystery.
Your thinking mind cannot make
sense out of it.
Wake up! ! !

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Light Came To Wipe My Tears

Under the blue sea
deep down
i sat in a cave.

Cried the whole night
till a beam of light
came to wipe my tears.

("i" is purposely written in small letters)

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
Light Is The First Painter Of The Universe.

I imagine that light
was the first painter of the universe.

Intense light makes
every thing most beautiful.
Even the most frail things shine so beautiful
when light spreads its wings on them.

The dark and the dingy corners of life
brightens up in heavenly shine.

Deep down in our own self
we are in search of wholeness.

The blackness will stir
and eventually go away.
God will remain in us
as a shining point of light.

Light is the first painter of the universe.

Dr. Antony Theodore
Light Is The Nature Of The Soul.

I imagine that
the soul in its natural identity
is a potentially lucid crystal
left alone in the realm of darkness.

It remains perfect in its own nature.
But when the light shines on it
it is transformed into light
and seems to lose itself
in the splendor of a higher nature.

It is the nature of light
that is inherent
and dormant in the soul.

(How to Pick the Best Shooting Mode among Auto, S, A, Manual in any Situation - Phowd)

Dr. Antony Theodore
Like A Cloud

Free in heaven
like a cloud,
shifting form,
always moving
through the expanse
of infinite space.

It is wisdom,
timeless wisdom.

Dr. Antony Theodore
Like A Pebble Tossed Into A Pond

Music is the element through which the mystic lovely conveys.

Didactic tone and vocabulary becomes foreign to his needs of communication.

It is simple intuition that comes so natural to him than speculative analysis.

The effect of music or a poem is like that of a pebble tossed into a pond that sets in motion ever widening circles spiraling out from the point of contact.

(Karunesh Call of the Mystic Beautiful Relaxation Music - YouTube)

Dr. Antony Theodore
Like Sparrows In The Nest

Like eagles in the cliffs,
I slept in the arms of my God.

Like sparrows in its nests,
I chattered in the presence of my God.

Like a wounded dove,
I shivered in his presence and wept bitterly
until I had no tears.

Dr. Antony Theodore
Like The Migrating Birds.

Like the migrating birds,
man has a homecoming instinct.

In the heart of hearts he knows
that this world is unreal.
His unrest deep down in himself
makes him look for the Otherworldly.

So the pilgrim seeks
the City Unseen.

The Mystics are
the path-finders of the Spirit
blessed with spiritual intuition.

They tell us about absolute beauty
that lives in the City Unseen.

Dr. Antony Theodore
Listen To The Call Of Your Own Mystery.

To be natural is to be holy.

To be natural is to be at home
with your own nature.

Listen to the call of your own mystery.

Acknowledge the integrity of your solitude
and settle into its mystery.

(I published this Poem in Micropoet under the name of my beloved mother
Genova Maaa who passed away at a young age. Published for a long time in
this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Listen To The Resounding Call Of God

Without knowing we are sinking in God's grace, every minute and every second of our life.

God's love is poured upon us in abundance. Open the heart and the mind and the hands.

God loves us and wants to live in our hearts.

He calls us from the top of the mountain. In the valley where we are, his call resounds. 'Come to me my son, come, my daughter. I want to build my home in your heart.

Listen to the resounding call of God Echoing and reechoing in the valley of the soul.

Dr. Antony Theodore
Listen To The Rustling Of The Rain.

Listen to the rustling of the rain. 
Observe the force of the rain 
on the leaves of the trees.

The trees suckle the blessings of heaven. 

Observe the influence 
of the rain on the birds.

See how the earth absorbs the rain, 
how life emerges from dry dust.

Look at the leaves 
the fresh young little sprouts 
which unfold in joy to life.

Glimpse and glance at the skies 
from where the rain comes, 
where to does it go.

Follow the raindrops 
in their journey. 
Think of the origin 
and it's destination.

Look at the raindrops 
falling on the dry ground, 
on the trees and barks 
on the roofing tiles.

Observe how the raindrops 
are not in the form of drops 
as it flows down from heaven 
and then loses itself on the earth.

(This was a simple meditation this morning on the rain)

(Graphic: Lucyna A. Smykowska saved to RAIN. Pinterest)
Listen To Your Deeper Self.

Our need for love
gives tremendous power
to the opinion of others
and they manipulate us.

It requires tremendous
constant heroism
in being who we are
especially when
misunderstood and ill treated.

Listen to your deeper Self.
Be yourself.

(This was published in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Little Are Our Pleasures

Little are our pleasures.

But we enjoy more than the rich kids
who always go in the car
and protected by their rich parents.

We are poor.
But we are happy.

Poverty becomes
a grace and a gift
that creates simple joys
that make us smile in the rain
under the green banana lief.

Do you come O rich kid
to enjoy with us?

Little are our pleasures.

(Graphic: Angela G Flores saved to My passion.. Pinterest)

Dr. Antony Theodore
Live In The Religion Of Love

I work on the enlightening of my self.
I shall not ask for the approval of anyone.

True enlightening comes only from God.
God has no religion and no dogmas.

God is love and love alone.

This is my consolation.

Get away from the problems of religions.

Live in the religion of love
and spread it all around the world.
It is my poetic call.
It is a divine call.

Dr. Antony Theodore
Live The Religion Of Love

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I shall not ask for the approval of anyone.  

True enlightening comes only from God.  
God has no religion and no dogmas.  

God is love and love alone.  

That is my consolation.  
Get away from the problems of religions.  

Live in the religion of love  
and spread it all around the world.  
It is your poetic call.  
It is a divine call.  

Dr. Antony Theodore
Live Your Love Story.

Live your love story at the deepest level by being spiritual.

The seed for your growth in love is your spiritual abilities.

See yourself with the eyes of love.

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Dr. Antony Theodore
Living Differently With The Spirit Of God.

Look at the nature
and see the reign of God
in a fresh new way.

The reign of God is unique.
It is the lens through which
we discern the shape of our lives.

We move forward with a heart
centered on God's reign
and a vision of radical
transformation for all.

We may not be able to feed
all the hungry in this world.
We may not be able to bind up
all the wounds of the poor.

But we can with God's spirit
live differently caring for
the poor and the rejected
in our own little way.

Dr. Antony Theodore
Longings

One fine morn I met a friend.  
She was an Angel  
With fluttering wings.  
I loved her wings  
Her face, her lips  
Her eyes, her smile,  
Her looks of Innocence.

I can swear  
I loved her  
more than the Pelican  
loved its little ones.

One fine night  
She stepped into my bed  
Without the wings  
Without a cloth.

I wept and wept  
She knew not  
I longed for  
A love beyond the body.

Dr. Antony Theodore
Look At A Dew Drop..... What More Do You Need?

Look at a dew drop on a rose petal
shining in the morning sun like a pearl.

Don't you see Something simple,
Undivided,
Unborn,
Eternal,
Boundless,
Independent,
Invulnerable,
Blissful
All-knowing?

What more do you need
To know that God is real.

Published on October 08, 2010 Poetfreak under the name Genovamaaa. Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
Look At The Fiery Serpent

„Make thee a serpent
and set it up, on a pole
and it shall come to pass,
that everyone that is bitten,
when he looketh upon it, shall live\(;&quot;\).
The LORD God said unto Moses (Numbers 21: 8).

I stand at the foot of the cross
and look at the old rugged cross.
I suffer seeing his sufferings.
I burst into bitter tears
and the angels
cry with me seeing
the blood that flows down
for me to heal me.

Those who dare to look
rooted in intense faith
shall be healed in truth.

For He is Lord and God.
He saves us all from
Hell and eternal loss
in and through his death.
Numbers 21: 9 | Bible quotes | Pinterest
Pinterest
Numbers 21: 9)
(Graphic:

Dr. Antony Theodore
Look At Your Depression

You step outside of yourself
and look at your depression.

Do not identify with it.

Do not try to make it go away.
Depression passes through you and disappears.

Think of the clouds.
It comes and goes.
It passes through.

Are you willing to let this
cloud of depression come in.

Are you willing to observe it.
It comes and goes.
It passes through you.

Change your way of thinking
and observing your depression.

You can be happy in depression.

Step out of yourself and observe.

Dr. Antony Theodore
Look In..... Consciousness

(Meditating on God gives the greatest Joy and Peace).

God is infinite intelligence
moving at infinite speed
through infinite dimensions.

Look o poets! ! !
in the vast expanse of consciousness.

Published October 08, 2010 Poetfreak under the name Genovamaaa. Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
Look Seriously At The Problem Of Self

Try to eliminate all bondage to the self.

The mind and heart are to be filled with the 'wholly other'.

Construct a more profound and deep idea of poverty.

Poverty is to be conceived as a function of solitude.

In such a practice of poverty the seeker will be elevated beyond the self to be united with the „Eternal Self” who is God.

Dr. Antony Theodore
Looking At The Face Of Perfect Love

When it reaches the higher levels of reality
the consciousness finds itself possessed
by the sense of a Being
which is greater than the Self.

The mystic is then, so close in intimacy.

In the mystic, this union is conscious,
personal and complete.
The mystic looks upon
the face of PERFECT LOVE
and lost in this attraction,
the transcendental consciousness
dominate the normal consciousness
and he surrenders himself
to the embrace of Reality.

Dr. Antony Theodore
Looking At You In Dancing Meditation

Do you see my God?
i heard theology in the church today.
i do not understand a word-

But there is intense desire in me
to adore you and to love you.

So i dance for the blessings
you gave me in mylife.

i dance of the joy you give me.
i dance now in thanksgiving.

i love you my God more than anyone else.

(The small 'i' denotes my submission in humility in the presence of God who gave me all that i have and all that will be in my life?)

Graphic: Sheri Bryant saved to Dancing in the rest)

Dr. Antony Theodore
Looking Deep Into The Apple Of My Eye.

The cosmic dancer
came, stepped,
and danced
in my heart.

I began to dance with him
to the rhythms
he gave in my dreams.

In the frenzy of the rhythm
I raised my lips to him.

He did not kiss my eager lips,
but danced and danced
looking deep into the apple of my eye.

Dr. Antony Theodore
Lord I Want Harmony.

Lord I want harmony.
Let peace flow into my soul.
I place my stress, my anxieties
and fear at your holy feet.

Please spell peace and calm
over my situations.

Now I spend a few moments
breathing in God's peace
and breathing out my stress.

(Graphic:

Dr. Antony Theodore)
Lord Accept This Lotus

Lord, accept
this offering of love.

i give you a lotus,
blooming flower of grace and glory
to you and offer it at your holy feet.

Lift me up from my darkness
and the dirt from which i try to rise
to become a beautiful lotus
to dance in your presence.

Dr. Antony Theodore
Lord. When Will You Visit Me Again?

The way to my hut
was barren and bare.

Last night you came to me
My God visited me last night.

This morning, the way you came
is full of flowers and the scent
of your feet linger everywhere.

Lord. When will you visit me again?

Dr. Antony Theodore
Lose Not The Innocence Of Happiness

Are you feeling happy?
than, don't speak about it
because you don't have to speak about it.

Why?
Because Happiness is its own.

It does not need words.
It does not even need to
be thought about.

The instant you say
"I am happy",
the innocence
of happiness is lost.

Do not create a gap
between you and
the genuine feeling.

(Graphic: MASTERING THE ART OF JOY | Triumph 30 pinterest)

Dr. Antony Theodore
Lost In Deep Penitential Love

Mountains come and hide me!
Rains, pour on in torrents,
so that no one sees me.
Eagles spread your wings
and hide me in the shade of your wings!
Rocks of the great mountains
form into caves that I may hide.
Who will hear the cry of my soul
lost in deep penitent love?

Dr. Antony Theodore
Lost In The Songs Of Devotion

Lost in the songs of devotion
i sit and think of you my dear poetess.

You sat at the feet of the Lord
bowed keenly
touched His holy feet,
your hair flowing down,
your sari covering your curves.

Your lips sang and moved in love and devotion
and i wept in my heart.

Tears flowed down in my soul.

i shall wait for the days when you again visit
the holy shrine and listen to your songs
of devotion to fill my soul with deep love.

Dr. Antony Theodore
Love

Lovebirds, o hold hands
till the warmth spreads all over.
Rub your little beaks
till you feel the silence of love.
Hug now and hug again
till the soft little feathers fall.
Cling together and dream a sweet dream
till the shy smile conquers the dream.

Dr. Antony Theodore
Love  Is The Only Energy In The Universe

Love  is the only energy in the universe
that man has not learned to drive at will.

This is the variable
that we have ignored for too long
maybe  because we are afraid of love.

This force of love explains everything
and  gives meaning to life.

Dr. Antony Theodore
Love And Desire For The Supernatural

Mysticism in essence,
is the concentration
of all the forces of the soul
upon a supernatural Object,
conceived and loved as a living person.

Love and desire are the fundamental necessities.
All true mysticism is rooted in personality
and is therefore fundamentally
a science of the heart

Dr. Antony Theodore
Love And Fear

There are only two important things
In this world: God and fear.
Some psychologists express it so.
Some spiritual beings say it so.

There is only one good in this world: Love.
We can name it as happiness, God, joy, peace.

There is only one evil in this world: Fear.
There is no evil in this world
that cannot be traced to fear,
ignorance, fear, violence, anger.

(These are points to meditate).

Dr. Antony Theodore
Love And Spirit Meet In Your Center.

There is a center in the body
where love and spirit meet.

We call this the "heart";
meaning "the centre".

Within this heart
is again a center
that experiences the spirit.

Spirit is experienced first
as the absence of what is not spirit.
Graphic: the vision and Art of Daniel B Holeman; Closeup of Purple Heart

Dr. Antony Theodore
Love Arrives

The ecstasies of a mystical love
enter into my heart made for the divine.
The pain and pleasure of the past
march with muffled drums.
Then i sit and pray 'Break the chains of sadness,
Love Eternal, come and save me'.

'O light of love kindle me.
Spread your wings of love
and fill my being in your light'.

It is the fire of love
that sets me free
and helps me to be brave.
Then i dare to do
'The impossible'.

Dr. Antony Theodore
Love Calls You For Eternal Enchantment.

Be tender my sweet one, in real love.

Get deep down into the marrow and know your beautiful self.

Do you feel, your fragile nature gets the veins of divine strength?

Can you forget yourself, that your beautiful and real self may resurrect in you in the freshness of eternal love?

Love calls you for eternal enchantment.

Do you hear the call of love?

(Graphic: Endymion's Eternal Enchantment / Release from a Karmic Cave In Sacred Presence - Endymion by George Frederic Watts, 1872)

Dr. Antony Theodore
I believe in God’s loving presence
And faultless providence
More through love’s compelling experience
Than through faith’s vision of them.

Dr. Antony Theodore
Love Discovers In Humanbeings The Good Core Kernel

Love hopes everything
Hoffnung is another aspect of faith.
I wait for something beautiful
from the one whom i love.
I trust him.

I have hope for him
that he develops himself
and the goodness in him
becomes stronger.

Love sees in the depths.
She discovers in human beings the good core kernel
that wants to become a flower
in him, the sign of life, truth, abilities, and possibilities.

Love trusts God
that God works wonders
in us and in those whom we love.

Dr. Antony Theodore
Love Has Its Home In The Heart Of God.

Love has its home in the heart of God.

Love lives in heaven
in the heart of God.
Love flies down to
the human soul
to live there to
fill the human being.

Love knows the beauty of the moon.
Love travels along the starry world.
Love is in the beauty of flowers.
Love is in soft wind and very playful.

Love enlightens relationships.
Love shows how God looks like.
Love builds its home in the human
heart and carries it up to heaven
to the land of light after the last breath.

(Graphic: God'sBigShow: Beautiful Christian Music: Give Your Heart A Home...
God'sBigShow - Blogger
Beautiful Christian Music: Give Your Heart A Home - Steve Green)

Dr. Antony Theodore
Love In Action Has Meaning.

Love cannot remain by itself.
It has then no meaning.

Love in action has meaning.
Love leads to service of the poor.

It is not how much we do
but with what kind of love we serve.

How much love we put in
when we serve, qualify our actions.

It is a lifelong sharing of love.
Then, love acquires infinite meaning.

Dr. Antony Theodore
Love Is At The "Core Of Your Nature".

Fruit of Surrender is Ecstasy

Feel the peace
that enters you
when you trust that "love"
is at the "core of your nature".

Look!
In this peace,
you perceive
a "Seed of Sweetness"
at the very center of the heart.

In a surrender to the Spirit,
with patience and devotion,
you nurture from this "Seed"
the supreme state of joy
known as
"Ecstasy".

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
Love Is At The Heart Of All Creation.

Love is at the heart of all creation.
It continues to unfold
drawing us ever more profoundly
into the embrace of a generous God.

This love unbounded, deepens
and develops over time.

It grows through seasons
of darkness and light.

Dr. Antony Theodore
"Love Is God And God Is Love."

Love is the universal force.
Love is the extremely powerful force.
Can science find an explanation to it?

Love governs all the other forces.
Love is the force behind all
the Phenomenon
operating in the universe.

Love is the most powerful unseen force.
Love is light that enlightens
the receiver and the giver.

Love unfolds and reveals.
For love we live and die.
Love is God and God is love.

Dr. Antony Theodore
Love Is Spirit.

All forms of love ultimately serve the search for God.

All experiences of love are an invitation to the cosmic dance.

God is the sweetest, most desirable lover, Whose touch the lover can feel on the skin.

Love is spirit.

Dr. Antony Theodore
Love Is The One And Only Answer.

Love is the one and only answer.

If we want our species to survive,
if we are to find meaning in life,
if we want to save the world
and every lofty being that inhabits it,
love is the one and only answer.

(By Louise Docker from sydney, Australia - My heart in your hands, CC BY 2.0,

Dr. Antony Theodore)
Love Is The Quintessence Of Life.

Each individual carries within them a small but powerful generator of love whose energy is waiting to be released.

When we learn to give and receive this universal energy, we will have affirmed that love conquers all, is able to transcend everything and anything, because love is the quintessence of life.

Dr. Antony Theodore
Love Is Your True Nature.

In spirit,
you are unbounded
by time and space,
untouched by experience.

In spirit you are pure love.

Identify yourself with
your spiritual nature.

Published on October 16, 2010 in Poetfreak under the name Genovamaaa. Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
Love Sees Your Deepest Mystery.

Sometimes, I sit alone watching the stars
and think of the galaxies, millions of stars.

Yes, when love looks,
it sees your deepest mystery.

Love leads me to eternity.
Love tends the garden
of the heart's desire.

Love makes of each moment an eternity.
In love's Judgment shall we find grace.
Love seeks out the tears of hidden hearts.

Dr. Antony Theodore
Love Until You Die

Lost in meditation
I sat at the foot of the Mount.
From the top of Mount Sinai
I heard this call
as the dawn burst into golden streams of light.

An unknown Voice told me
“I am the God of Moses,
love and love until you die”.

At your death bed
I shall come and lift you up
into the world of my Angels
and keep you near my heart
for all eternity.

I am love,
love pure.
Come my son
Love.

Dr. Antony Theodore
Love Your Soul In Lonely Moments.

Come with me and take rest
For a few minutes.

You need these moments.
Your body needs it now.
The body is a gift of God.

Give time to your heart.

Love your soul in lonely moments.

Be silent,
submit your intelligence
and your thoughts
to God and be happy.

Open your eyes
for the little things of life.
Listen to the song of the birds.

You need not prove
that you are great.

You are very great
in the eyes of God.
He loves you.

(Graphic: You are always special in God's eyes...... - Photobucket. Genovamaaa's collections)

Dr. Antony Theodore
Love, Spirit, Self.

In Spirit you are infinite love.  
Love is Spirit.  
Self has the unbounded ability to love.  
You are made of pure Spirit, pure creativity.  
The source of love is beyond all illusions.  
Love, Spirit, Self.  

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Love’s Characteristic Activity Is A Quest.

It is outgoing towards  
an object desired,  
which only when possessed  
will be known.

When it is fully known,  
it can be perfectly adored.

Intimate communion is its essence.

Love is related  
to the eager outgoing activity.

Dr. Antony Theodore
Make Me New My God

Break me.
Blow me.
Burn me
and make me new.

Batter my heart.
Shake me.

Dr. Antony Theodore
Make My Eyes Radiant With Your Spirit.

Make my eyes radiant with your Spirit.
God,
Let my attention
be born from deep silence.

Make my eyes radiant with your Spirit.

Lead me to inner transformation.

Bring me face to face
With pure being,
Pure awareness,
Pure joy.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).
(Graphic: Using God's White Light by Cherokee Billie)

Dr. Antony Theodore
Make Sex A Sacred Experience.

Make sex a sacred experience.  
The deepest moments of making love  
lead to the oneness beyond ourselves.

The eternal within me  
merges with all that is outside me.

In those moments of oneness  
We, as drops of spirit  
Merge with the ocean of the Spirit.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

(Graphic: courtesy to LONERWOLF)

Dr. Antony Theodore
Make Your Life Worth Living.

Make your life worth living.

Look at nature. Observe and be lost in wonder.

Do a good deed.  
Break a bad habit.  
Learn a new skill.

Visit an interesting place.  
Write a small poem on joy.

Do something good  
for someone who  
cannot thank you.

Take an important risk.

Search for the truth, for truth attracts the mind.

Have a holy curiosity always.  
Smile, Smile, Smile.

Dr. Antony Theodore
Making Our Body Valuable Enough To Be Offered To God

Sacrifice must complement man's life of prayer and renunciation.

By the renunciation of those things which impede prayer, a life, entirely given to prayer is made possible.

Such a life becomes, in its entirety, a sacrifice of praise to God.

The transformation in man towards divinity is effected by sacrifice and it unites him with God.

Sacrifice enables man to become detached from selfish interests and concerns and he begins to realize the union with God.

Sacrifice is really the culmination of asceticism

Dr. Antony Theodore
Man Can Be Alone With The Alone

Strike hard at the thick
cloud of unknowing
with a sharp dart of longing love.

One shall not give up.
The knowledge of God
is an experience of love.

Man can attain directly to Him by love.

We do realize obscurely
in mystical experience
that by love we reach Him
and hold him close.

Man can be alone with the Alone
lost deeply in intense intimacy.

(455 best Faith images on Pinterest | Words, Thoughts and Faith)

Dr. Antony Theodore
Man Is Made For More Truth

Man was made for more truth
than he can see with
his own unaided intelligence.

He is created
for more love than his will
alone can achieve.

He is called for excellence
in moral activity
than human will and desire
alone can ever achieve.

With God alone
can he reach the levels
of greatness to which he is called.

Dr. Antony Theodore
Man Loves To Bow Himself To A Greater And Nobler Being

It is an unwritten law
in the consciousness
of a human being
that he loves to bow himself
to something immeasurably
greater and nobler than himself.
He loves to lose himself
in this greatness flowering in joy.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. I published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Man With The Lantern In Search Of Light

Are you a man with a lantern
going in search of light?

So wake up
to the lantern within you.

Open your eyes to God's dream,
unfolding through the incredible
power of the spirit of God.

God walks with you and me.
I want to cry out like the man born blind
"God I want to see".

I lift my gaze and acknowledge my brokenness,
the poverty and my needs
in the midst of the plenty.

(graphic: /commons/b/b6/Diogenes_looking_for_a_man_-__attributed_to_JHW__)

Dr. Antony Theodore
Manifesting Love

It is my wish
to accept my life as it presents itself
radiating the glow of the inner sun.
I live in light and manifest love.
I live in inner harmony, joy and peace.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. I published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Man's Nature Touches The Absolute

There is an extreme point
at which man's nature touches
the Absolute: that his ground,
or substance, his true being
is penetrated by the Divine
Life which constitutes
the underlying reality.

It is our link with reality.

This is the marriage of joy
between the Soul and the Almighty.

Dr. Antony Theodore
Many Things In His Life Are Illusory Or Impure.

The consciousness of a spiritual seeker points out many things in his life as illusory or impure.

His renunciation and detachment purification and its trials - all form the part of his intense aspiration to reach God.

I want to find this perfect and incorrupt substance in me.

This noble tincture is never found upon imperfect earth but only in innocent minds which seek The Almighty.

(Graphic: A noble soul has no other merit than to be a noble soul. iz Quotes A noble soul has no other merit than to be a noble soul. - Friedrich)

Dr. Antony Theodore
Mastering The Art Of Letting Go.

With patience,
dedication and love,
you can master the art of letting go.
Then your reality will change.

Dr. Antony Theodore
May God Be Born In Our Soul.

May God be born in our soul.

The soul shall be fruitful in God.

God steps into the soul.
and the soul is possessed by God.

When God abandons the soul,
it becomes fruitless.

(Graphic: )

Dr. Antony Theodore
May I Bring You Burning Incense?

When the dark skies bring you gloom
and cold rain
may I bring you sunshine?

When the robin sings
so melodious and beautiful
may I help you to dance
to an unknown rhythm?

When the soul calls you
to sit and pray in solitude
may I bring you burning incense?

When you are sick
may I come to you
with my healing touch
and enlivening kiss?

You are so dear to me.
I give myself to you.
That is my joy.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
May I Embrace You?

May I embrace you first,
A tight and intense embrace
Before we enter into the dance
Of divine love?

You dance with soft steps
And slowly take me to sudden gusts
And I enjoy it like the Lotus
At the first rays of the Sun.

Then in a moment of deep love
You look into my eyes the shine of which
Shall I never forget.

You cradle my body.
Your lips are warm
And my eyes are filled with Joy.

I feel your whisper in my ears
My hairs love your fingers now.
And your lips begin to dance on me.

I forget all that is mundane
And fly to the heavens
To tell God
'I am now in divine love'.

Dr. Antony Theodore
May I Invite You To My Inner Cave?

May I invite you to my inner cave
deep down in my own self.
There we can be alone and be ourselves.

My inner cave is unique.
I confront my deepest feelings there.
It is the storehouse of my dreams and hopes.

I shall tell you of my unspoken fears.
I shall show you my hidden realm.
You can touch and heal me.

Come, see, feel with me and share with me
all your uncertainty and the colors of your emotion.

In this corner of my cave
we shall lie down in pure innocent hug.

When we sleep together
in healing hugs,
angels will come
to sing new songs of innocence.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Graphic: Pray for Healing |


Dr. Antony Theodore
May I Touch Your Life?

May I touch your life?

Like the dew drops touch
the tender leaves
on a beautiful dawn
I like to touch your life.

I saw you, in all beautiful colours,
in the garden,
in the blossoms,
in their vibrant nature.

In the soft wings Of the butterflies,
I saw you and my heart was overjoyed.

I saw my angel walking and flying
Flitting to and fro
With a happy heart,
Gentle, loving and kind.

I heard your softest whisper,
felt your presence and love.

Dr. Antony Theodore
May Our Friendship Bloom Into A Rose.

May our friendship bloom into a rose
in the loveliness
of joy and peace
serene and calm in moods.

May our friendship grow dear
as it unfolds every day.
It kindles in our hearts
the flames of happiness.

Light and life enters.
Fragrance fill our beings.
In the loveliness of the heart
gentleness and joy blossoms.

I sent you today this basket of flowers,
loveliness, calmness, peace, serenity

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

(Graphic: Friendship Blooming Flowers Spring)

Dr. Antony Theodore
May We All Be Protected

May we all be protected
by God's loving power and strength.

May all people whom I like
and lovedearly,
be safe, healthy and happy
during the whole day.

I know that the power of prayers
directs my yearnings
in my heart,
where I seek to experience
the love of God,
that gives me inner
and physical healing.

Dr. Antony Theodore
Mesmorized With External Voices

Mesmorized with external voices,
and the expectations of others,
we bury the inner voice of God's word
under a mount of proccupation.

God sends little birds of joy
that hover around us
seeking an inlet.
But we are shut up to them.

The God-sent birds of joy
sit on the roof for a while
and then fly away.

The 'joys' sought an inlet
and we did not open to it.

(Graphic:

Dr. Antony Theodore)
Momentary Gratification Of The Senses

Momentary gratification
of the senses,
does not satisfy
the deepest needs of a seeker.

Losing oneself in the crowd
by immersing oneself
in the corporateness
of modern civilization
will fail to satisfy
one's inward longing.

Only when one plunges
into the depths
of one's own being,
he will begin
to find the sources
to pull his life together.

Dr. Antony Theodore
Moon,    Come And Bathe Me

Love flows with perfect grace
like the dove that wants to fly.

I remember her embrace.

Hold me my desire oh my heart!

Moon, come and bathe me,
caress me.

As the feathers of a wing
cuddle together,
I want to cuddle with you
and gaze at your face
with golden light
shining in my eyes.

Dr. Antony Theodore
More And More I See Myself As A Flute

More and more I see myself as a flute,
a simple, hollowed-out reed.

God breathes through the flute
'melodies eternally new'.

I am meant to be an instrument of God's own song.

(This was published in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. I published for a long time under this second name. I write to keep her memory alive as long as i live).

Dr. Antony Theodore
Moved By Love

The experience of union with God, transforms us into a new being, affecting every particle of one's being, attitude, and every act.

He is moved by love. He eats, drinks and all that he does, is done for the glory of God.

He is free to act freely, simply, spontaneously, from the depths of his heart. His love is immeasurable.

(UNDERSTANDING A COURSE IN MIRACLES Resources to Help the ACIM Student... Encounter)

Dr. Antony Theodore
Mum, You Make Me Smile.

Mum, you make me smile.
When you kiss the sole of my foot
You make me smile.
When you kiss my little stomach
and look deep into my eyes
with such a great love
you make me smile.

When you tickle me always
and love to see me laughing
lost in your loving hands
you make me smile.

When I bite on your nipples
you are angry with me.
But even in that anger
there is tender love.
You make me smile Mummy.

You are my God
I shall know God
only through this love
that you give me day and night.

Your smile and playfulness,
your tender care,
gladness pure
will always remain in me
as the character of God.

You are a great Theologian
and a wise philosopher.
With your smiling ‘hi, hu, hum’,
humming and giggling with me
You teach me the Philosophy of Love.

Mummy my dearest
how can I see you again?
In the depths of the night
I open my window
and pray to the stars
"Please send me my mother
Only once if possible
Only once...., I pray to you

Heavenly stars ask God to send me
my mother dearest.

I want to smile with her again
I want to smile with her again”.
(My dearest Mummy died of cancer at the age of 38. Her name is Genova and i call her Maaaaaaa)

Dr. Antony Theodore
My Being Dances Before You.

Lord God,
i offer my whole being to you.

In my prayerful steps,
my being dances before you.

From toe to the tip of my hands
I feel you when I dance.

You are the owner of my body.
You created, filling it with beauty.

My soul is thrilled when I dance
before you in your holy presence.

Dr. Antony Theodore
My Body Will No More Be There.

When i die
I will tread on rosy paths.
God's angels will spread
the carpet of roses
for me alone.

Angels will surround me.
I will walk the path
to the gates of heaven.

God will hug me and kiss me.
Heavenly chore will sing.
Heaven's perfume will fill my soul
and my body will no more be there.

(Graphic: Romantic flower tunnel
Photo by JoyfulThailand on Getty Images)

Dr. Antony Theodore
My Call

To be myself is my call
Other than my own self
Never will I be.
It is futile and empty
to wish for another existence.

Dr. Antony Theodore
My Eyes See The Wonders

My eyes see the wonders of creation.
I want to celebrate with joy
every moment that is given to me.

The grace of God triumphs in me
it is granted to me freely by God.
My eyes see the fullness of mercy.

I climb up the holy mountain
to drink from the pure springs
that stream down into the valley.

I see birds flying in pure joy.
and the lovely peacocks dancing.
I see the dancing celebration of creation.

Dr. Antony Theodore
My Glimpse And Glance Is After The Yonder

Look! !
There is a sea of light
falling on the hills,
then it enters into the valley.
Light in her desirous,
eager search after beauty
reaches the wild beautiful flowers.

I breathe the smell of glory.

The wind plays on the leaves
of the mighty trees in the valley
like an appetent lover full of mirth.

The early morning haze lies
like the spun yarn
waiting for the playful
hands of the lover.

The hazes of the dawn are
the feathers of the sun rays
flying softly in the soft, clear air.

My glimpse and glance is
after the yonder
spreading itself on
the remoteness of the land.

The silver-grey horizon
mirrors endlessness.
In marvel drinks my soul
the joy deep inside
and feels behind all knowledge
the presence of eternity.

Dr. Antony Theodore
My Heart Is Full Of Anxiety.

i am anxious Lord,
i am worried.

My nights are long,
my days hard and tough.

In my weariness and weakness
i lift up my hands and heart to you.

Do you see me praying?
Do you hear my silent cries?

i have no patience to wait.
When will you come to me
or will you not come at all?
or did you forget me?

Can you forget me?
El Shaddai, Lord God Almighty, come.

Dr. Antony Theodore
My Heart Is Outside Me.

When my Mum made the decision
to become pregnant
she began to love me.
I am her own flesh and blood.

It was her decision, forever
to have her heart
go walking around
outside her own body.

-

Later as I grew up
I asked my mum:
“Tell me mum how did you feel? ”

She answered me:
“The joy, honor, gift, and privilege
of being a mum is tremendous.

From the second I felt,
the tiny, indelibly precious,
delicious, almost indescribable movements,
when I heard my child’s first heartbeat
to experiencing the first breath,
becoming a mum is truly
a celebration of motherhood.

In grace and love I did everything
seeing you my own flesh in my soul.

I saw heaven every single day
when you smiled, played,
rested on my breasts.

You are mine and felt, my heart is outside me.

Dr. Antony Theodore
My Heart Is Torn

My heart is torn.
Where is the lovely moon today?
Where is the light falling on the flowing river?
Where are the melodies of the flute
which the shepherd used to play?
Where is the child which smiled all the way?
Where is the rose... did it lose its colour today?
I hear only mourning women.
Did anybody die in the village?
Why is it all gloomy although the sun shines?

My heart is torn
My beloved, my heart is torn.

I need the oil of gladness.
Who will pour it into my grieving soul?

O God will you command an angel
to fly down into my misery
to embalm me with the oil of love?

I am so lonely.
I have no one in this busy world.

O come, O come heavenly beings,
hug me, kiss me, caress me and care for me.
For my heart is torn

Dr. Antony Theodore
My Heart Loves Someone Whom I Do Not Know.

My heart loves you
without my permission.

I sense that my heart has a lover.
My heart keeps secrets.
I sense it very often.

My heart loses itself in deep silence.
Then I know my heart loves
the one whom I do not know.

(This is a spiritual sense. Very often i sense that my being goes out of me to love God)

(Graphic: Ileana Rosenberg Popovici saved to Night in Days and Nights. Pinterest)

Dr. Antony Theodore
My Heart Reaches For A Spiritual Light

My heart reaches for a spiritual light
to understand my own self
and the universe at large.

'What is your religion? '
They ask me.
I answer always.
'All that leads me to the light
is the religion of my heart'.

Nothing glows brighter
than the heart awakened to the light
of love that lives within it.

(searching for spiritual light. collections of Genovamaaaa in photobucket)

Dr. Antony Theodore
My Heart Yearns For You.

I desire for you
in the midnight
when all sleep
around me.

I wake up with your thoughts
of love and intimacy.

It is in prayer I find you.
My heart yearns for you.

Dr. Antony Theodore
My Inner Space Explodes.

The womb of God welcomes me to a dance
to the play of the universe in pure silence.

I experience the intense vibrancy
and the sensation of peace.

The invisible energy is
running in and through my being.

My inner space explodes.

(This was published by mein Micropoet under the name of my beloved
mother Genova Maaawho passed away at a young age. Published for a long time
under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Poetry is my language,
the language of the heart and emotions.
It is the language
of all that is inexpressible.
It is the language of love
and pain.

Dr. Antony Theodore
My Life Is A Journey Towards God.

I know the one who holds my future.  
Come what may, I shall face it.

God is my shield and my strength.  
So I shall hold his right hand  
and walk in the darkness sans souci.

God restores me always  
and makes me a better person.

God can never fail me  
he is the lover of my soul.

I count on him and walk forward.  
My life is a journey towards God.

Experience is a brutal teacher.

I am still now and experience  
his presence in me and outside me.

God alone is my consolation.

(Graphic: Karaoke My Guy (My God)- Sister Act * - YouTube)

Dr. Antony Theodore
My Love Is Free Of Charge

The false Lover told:
O, my love, you are mine
Make me a garland of golden flowers
And I shall give you the kiss of my lips.

The true Lover told
Give me nothing.
I shall give you the kiss of my lips
And the kisses of my heart.

My love is free of charge

Dr. Antony Theodore
My Mother In The Chariot

Watching a glorious sunset,
playful are the waves on my feet.
Gold, red, yellow rays
sucked me in delicate passion.

Their chariot of flames
flew down to me.
Flames around, all around
golden blue and red.
With gleaming eyes I saw.

Seven white winged horses
flew into my presence at the shore.

I saw my mummy in the chariot,
smiling like the morning sun.

My eyes opened as sunflowers do.

With moonlit eyes
pouring blooms of bliss on me
she whispered softly.

In joy immeasurable
her voice melted.
In hugs and kisses
she murmured in my little ears.
‘You are my treasure, You are the apple of my eye’.

She adorned me with the stars,
blessed me with tenderness,
filled me with treasures divine.

I was blissful,
serene and desireless.

Singing a glorious hymn
pouring on me, her sweetest perfume,
she touched my life from the chariot.

The chariot flew away.

Every dusk,
and every night,
I look at the stars
and murmur:
Twinkling stars!
send my mummy again to me.

I sleep.
Tear drops linger on my lashes.

(It is a pleasant vision of my dearest Ma (in hindi language we call mother so lovingly Maaaaaaaa) .
i lost her when i was in the school. She had cancer and died at the age of 38. I yearn for her presence even now every day. it is a great loss i suffered and i will not be cured from the wounds that is created by her absence. When I see the sunset my heart raises itself to her chariot) .

Dr. Antony Theodore
My Own Thoughts Overcast My „real I‟.

To encounter God
one should first
encounter one’s own self.

I should be with „me‟ at first.

Am i with me always?

My thoughts wander to and fro.
I am not anywhere with my thoughts.
I am wandering always in my mind.

I have no contact with my own self.
I am not thinking,
but thoughts, think in and for me.

Thoughts assume an
independent existence in me.

They overcast my „real I‟.

The first achievement
of my prayer is
that i come into contact
with „my real I‟.

Dr. Antony Theodore
My Perception Of The Beauty

Every sunrise  
is so beautiful  
as we see it in our hearts.

Every human being is so precious  
as we carry him or her in our hearts.

Our perception! ! !

(Graphic: rosinante saved to guten Morgen  
518  
Rosinante Your power of God. Pinterest)

Dr. Antony Theodore
My Prayerful Wish And Confidence

I hold on to the search for my truth,
to the perfect fulfillment of my dreams
and to the certainty of my complete
ascension towards the Light.

It is my faith that I will succeed
in each aspect of my life.

I have faith that I will overcome my fears
and thus receive what is best for me.
I believe in everything that shines in me.

I am creative.
I do not get stuck in a routine.
I put my habits aside
and open myself to new experiences.

Everyday is different.
Life’s energy flows through me.

I believe in everything that shines in me.

Dr. Antony Theodore
My Sacred Secret

Buds are born in me
In deep meditation.
My heart sighs for the lord of my soul
And the buds bloom into flowers
Full of fragrance.
My soul loves him.

I compose a new song for him
In my cave.
And sing it all alone on my harp.
It echoes on the walls of my soul
And I smile
with the golden flame
of the little lamp of my cave.

In the depth of the silence,
It echoes and re-echoes in my soul,
the song of love
Which I sing
For him alone
whom my soul loves.

It is my sacred secret.
My soul loves him
more than everyone else.

Dr. Antony Theodore
My Soul

My soul breaks into flowers,
into a vast meadow of flowers.
My soul breaks into butterflies,
into soft-winged butterflies.
The tiny creature of beauty
flies and flies
in an unheard melody
that is sweetness beyond.

Dr. Antony Theodore
My Soul Is Calling Me.

(Divine Light is the source of my ecstasy. It is unbearable to turn away).

My soul is calling me
every hour of every day.
This has been always true.
But only now I know it.

It is unbearable
to turn away from the light
which is the source of my ecstasy.

I realize
any other possibility is false.

Published on October 06, 2010 in Poetfreak under the name Genovamaaa.
Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
My Soul Is Thirsty

This morning brings a new song
from beyond the world of the skies
where the angels and saints live.
This new song reminds me to pray.

The praying white swans I see
The chattering prayers of the sparrows I hear.

With gentle care
I kneel and thank with folded hands
drubbing the dogmas,
lost in my own cogitations
about God and the world beyond.

I walk through the mysterious path of flowers.
I chuckle quietly in stealth
when the angels count my footprints.

Who can build a bridge from earth to heaven?

Deep in my innermost recesses,
my soul is thirsty
to attain the divine.

Who will quench my thirst?

Dr. Antony Theodore
My Thoughts Assume An Independent Existence In Me.

To encounter God,
first i should encounter myself.
I should be with myself.
Usually i am not with myself.

When i observe myself,
then i understand that
my thoughts Wander,
sway back and forth.
I am somewhere else
with my thoughts, not by myself.

With me i have no contact.

My thoughts rip me away
and lead me from my own self.

My thoughts assume an
independent existence in me.

I do not rule over my thoughts.
My thoughts rule me over.

How can i demand from God
that He listens to me
when i am not able to listen to myself?

(Graphic: Tiny Buddha
Making the Hurt Visible: How I Healed from Abuse and Learned to Listen to Myself)

Dr. Antony Theodore
My Thoughts Can Corrupt My Language.

My thoughts can
corrupt my language.
The way we communicate
affects the way we think.

What are the words we use
to express our faith?
How do we relate in love?

Words themselves,
and meanings behind
those words can make
a big difference in what
we do and how we do it.

Does my language
corrupt my thought?

Dr. Antony Theodore
My Wish For Those Who Fall In Love.

Falling in love
Is the entrance point
To love's eternal journey.

From the first stirrings of romance
To the final stages of ecstasy,
May the Divine presence be with you.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive). (Graphic: 0000b1)

Dr. Antony Theodore
Mylittle Angel Asifa

Mylittle angel Asifa
We all cry seeing
your dead body in the dust,
the stones with which they struck you to death
after strangling your innocent throat.

There is blood on Indian conscience.

In foreign nations, The great India
is known as a rape nation.

Is there no one to put an end to it?
Is there no one? ? ?

O mighty God where are you?

Dr. Antony Theodore
Mystical Contemplation Is A Pure Gift Of God.

Human intellect alone is inadequate to reach the pedestals of wisdom itself.

Mystical Contemplation is absolutely beyond the reach of man's activity.

There is nothing he can do to obtain it by himself. It is a pure gift of God.

God gives it to whom He wills, when He wills, and in the way and degree in which He wills.

Dr. Antony Theodore
Mystical Thinking Is Not Counter To The Aristotelian Logic.

Mystical thinking is not counter to the Aristotelian logic of Thomism.

The way of darkness of the intellect requires a Via Amoris for the will.

In the darkness of doubt we ask many questions. In this darkness, some fall away into atheism.

On this dark way both intellect and will must ultimately be possessed and transfigured by the action of the grace of God.

These special inspirations Flow from the Spirit of God who is beyond all religions.

Even when the understanding is in darkness one must walk by faith, and in the obscurity of faith God unites Him to the intellect.

(Via Amoris = Way of love) (Thomism is the philosophical school that arose with the thoughts of Thomas Aquinas (1225-1274), philosopher, theologian. In philosophy, Aquinas' disputed questions and commentaries on Aristotle are perhaps his most well-known works.)

Dr. Antony Theodore
Mystical Union Remains Always A Mystery.

The mystical union
is affected by God himself.
One can only clear
the way of obstacles
and dispose himself
for the union.

Mystical union remains always a mystery.

Man is sustained
by a deep mystery of silence,
of incomprehensibility
of God's will and God's love.

The mystic feels
that he is personally called
to live in more intimate
communication with that mystery.

Dr. Antony Theodore
Mystics As Natural Explorers Of Eternity

Mystics as natural explorers of eternity

Since there is an immortal spark
of the eternal fire in him,
he is implicitly a child of the infinite.

This belief, that it is real
and actual is the pivot
of the Christian position,
the foundation and justification
of mysticism, asceticism
and the whole machinery
of the self-renouncing life.

These natural explorers of eternity,
the transcendental faculty,
the eye of the soul,
is not merely present in embryo,
but is highly developed
and is combined with highly
emotional and volitional power.

Dr. Antony Theodore
Mystified Presence

I walked down to the rivulet
near the wild flowers
in our little village.

Sat under the flower tree
on this evening in the mild sun rays
of the setting sun.

Here we kissed for the first time.

You are not here now.
But I feel your mystified presence.

This presence is more than real
I feel your lips on my lips.
Your love spreading down
my whole being.

It is more than the real
You are here in ethereal
mystified loving presence.

I feel divine at this moment.

Dr. Antony Theodore
Naked I Stand In Moonlight

My heart soars free
and flies to the moon
for in moonshine i can pray.

Naked I stand
in moonlight
and wait for him
to come to me unawares
and kiss my whole being
in my utter nakedness.

Oh how I long for love’s touch
to pierce my inner soul.

Dr. Antony Theodore
Nature Is Harmony.

Nature is Harmony.

Our Wisdom is powerless before her simplicity.

Nature's womb is the mind of God.

How can it be but harmony?

Dr. Antony Theodore
Nature Is The Symbol Of God’s Unconditional Love.

God gave the nature,
the human beings
and the animals
countless fantastic,
wonderful forms,
colors, and uniqueness
that everything shall become
a cause of joy for all of us.

Those who understand the
essence and character
of nature
has understood the beauty
of the mind of God.

Nature is the symbol
of God's unconditional love.

(Graphic: Pansy Khan saved to scenery.. Pinterest)

Dr. Antony Theodore
Near My Mother.

Eyes wide with amazement
near my mother
I sat
On the roadside bench
moving the ground inside
in merciful love.

I watched alone.
The distant fields filled with flames
Of hatred and selfishness
condemned to burn to ashes
and be blown away by a fast wind
Into the valley of nothingness.

Dr. Antony Theodore
Negative Feelings.

Negative feelings are in you.  
It is not in the reality outside you.  
it is only in you.

When you are depressed  
if you watch a peacock dancing  
you dont see the colours of its feathers.

On a lovely and happy day  
when you are in a good mood  
if you watch the same peacock dancing,  
you feel like dancing with the peacock.  
You see the colours of the feathers well.

Negative feelings are in you.  
It is not in the reality outside you.

Dr. Antony Theodore
Neti, Neti, Neti, God Is Incomprehensible.

God does not die on the day
when we do not think
about a personal God
but on the day when we stop
to think of the wonders
God does in our lives
without our own knowing.

We shall never know God
in and through our intelligence.
We shall never know who God is.

We can only know who 'God is not'.

God is incomprehensible.
God is not the universe
He is not the sun or the moon
or the millions of stars
and planets or the firmament.

We can only say 'what God is not'.
Neti, Neti, Neti we shall repeat
like the Hindu monks of ancient days.

God is not this, God is not that.
We shall never know God.

Our modern problem is that
we humans know too much about God.

(Neti is a Sanskrit word denoting nothing, here meaning to say we do not know anything about God)
(Graphic: Illustration of 1 King 18: 38- God answering the prophet Elijah by sending fire to consume the sacrifice which the false prophets of Baal were unable to do...)

Dr. Antony Theodore
Never Outside God’s Reach,

Never outside God’s reach,
we travel down a rocky road
through trials and tribulations.

Every trial is a means of
accomplishing God’s will.

God uses many resources
to direct our lives,
help our decision making
in good and the bad.

Remember, we are never
outside the reach of God.

Dr. Antony Theodore
Ni Danka Ne, Mum, Poem By Abdul Basit Ismail
Translation Of I Am Your Baby Mum

Ni Danka Ne, Mum - Poem by Abdul Basit Ismail
Ni ne jaririnku.
Ban zo kan mahaifiyata ba.
Mala'ikun Allah sun sauka zuwa ga mahaifinka
da ga manyan sammai
kuma sanya ni a cikin mahaifa mai tsarki.

Ban zo kan kaina ba;
Allah yana son haka.

Na yi murna a cikin sabon kogo na kauna,
a cikin mahaifa mai tsarki
kuma barci a can cikin salama.
Harsuna suna kallo.
Sun yi addu'a
don kiyaye ni lafiya kullum
har sai da za a haife ni a fuskar ?asa.

Suna yin wa?o?in haihuwar samaniya
su yi wasa a kan harpinsu na zinariya a ranar haihuwata.

Lokacin da nake barci a cikin mahaifa
Mala'iku sun kasance sun zo gare ni.
Ba ku san shi ba, ?ana na ?auna.

Na yi murna da za a haife ni
a matsayin ?aunatacce.

Ina so in yi murmushi
Ina so in raira wa?a
Ina so in yi wasa
Ina so in shayar da nono madara
Har sai kun yarda.
Ina so in ga murmushi a fuska

Su ne mafarkina a cikin mahaifa, Mum.
Amma a cikin mummunon rana
Ka yanke shawarar kashe ni.

Shaidan a cikin Hades
ji game da yanke shawara.
Suka kawo ?arar murya,
buga a cikin rudun shaidan.
Dukan aljannu sun taru,
ya zo ya rawace a da'irori,
tsalle da kuma wa?a.
Suna rawa a cikin layi.
Suna rawa a cikin da'irori.
Suna rawa a kan yatsun kafa.
Suna rawa a kan kawunansu.
Suna raipa wa?o?i mafi kyau
kuma shaidan ya buga wasan.
Dukan jahannama yayi farin ciki
cewa ka yanke shawarar kashe ni.

Ka san nawa kuka?
Ka san yawan mala'iku da kuka?
Ka san yadda dukan sama ke kuka
A ranar da nake mutuwa a cikin tsattsarka mai tsarki?

Wani lokaci kafin an kashe ni da mummunon rauni
Na ga Allah Mai Iko Dukka yana kuka ba tare da wani taimako ba.
Google Translate for Business: Translator ToolkitWebsite Translator

This is a translation of the poem I Am Your Baby, Mum by Dr. Antony Theodore

Abdul Basit Ismail
Topic(s) of this poem: crime, evil, god, heaven, helplessness, innocence, love, mother and child, angels

Dr. Antony Theodore
No Bird Can Fly Without Opening Its Wings.

No one can love without opening his heart.
No bird can fly without opening its wings.

There is no chance of lifting oneself into any space larger than oneself without revealing the parts we hold closest to our chest.

Entering a relationship without opening the heart is to jump of the roof without spreading the wings.

Baby birds hesitate the first time out of the nest. But once tasting the air, it opens itself and rise. Trust in the power of lifting ourselves by revealing what we hide.

Once revealed, all these emotions will become our wings.

Dr. Antony Theodore
No Gnosis Can Deliver Him From The Bondage Of The Pseudoself

We are called to release
the creative energy
of life within.

Man suffers from the
painful inner division.

He suffers from the
existential dichotomy
of being within nature
and yet transcending it.

He experiences the
split between himself
as subject and the world as object.

This painful confrontation
can be avoided
when one agrees
to conform to the world.

But it is a form that does not fit.

He can put himself together
only in the Almighty God.
Thus the integration
of the person
is a gift of God.

No Gnosis can deliver
him from the bondage
of the Pseudoself.

Dr. Antony Theodore
No One Can Separate The Dancer From His Dance.

In every phenomenon
be it psychological or
physical innature,
there is always a dynamic
moment which
is understood as life.

one can say that this moment
is a universal revelation
which is usually apprehended
as the act of wisdom
which is the greatest power
that rules the universe.

This is the life of the universe.

The universe is the dance of God.
No one can dissociate and separate
the dancer from his dance.

(Graphic: Grace in Winter...contemporary ballet)

Dr. Antony Theodore
No Trait Can Fully Define You.

No trait can fully define you.

Think of a bad trait in you and analyse whether you have the opposite quality also in you.

Thus break the grip of your conditioning.

Free your mind to see the larger picture about yourself.

No trait can fully define you.

Dr. Antony Theodore
Non-Acceptance.

Unacceptance of good in others is envy.
So accept the Good in others
and it will become inspiration...!

Unacceptance of things
which are beyond our control is anger.
So accept, then it will become tolerance...!

Unacceptance of uncertainty is fear.
So accept the uncertainty
and it will become adventure.

Unacceptance of person as he or she is, is hatred.
So accept the person unconditionally,
then it will become love...!

Learn that Resistance creates stress
Acceptance kills stress.

No one is perfect.
All are unique.

Dr. Antony Theodore
Nothing Is In My Hands.

I say to myself.
I work hard for my bread.
Why should I thank God?

What would have been
if a drought or flood
destroyed all the harvest?

If you became sick?
or met with an accident?

I realize
nothing is in my hands.

God I thank You.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
Nothing Is Permanent.

Nothing is permanent.

When we accept it
no loss can rule over us.

At the face of change,
in richness and poverty,
in success, failure
and a break down
we will remain calm and composed.

Nothing is permanent here on the earth.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Now Near Your Grave, I Stand

Your love gave me warmth
It made me feel like being me.
Your love gave me power.

The music in me kept playing
many lovely romantic songs.
We kissed in the rain.
Then you hugged me
pressing me to your chest.

Once you made me awake.
You drove in the midnight
on the beach road when all
the stars blinked and sent
rays of blessings on us
hugging and kissing in the car.

How can I ever forget
those lovely romantic moments.

Now near your grave, I stand
with a blooming flower in my hand.

At night I look up the mighty heavens
and pray: 'keep my lover safe
O mighty God, in your protective hands'.

(Graphic: 212 best In love quotes images on Pinterest | Beautiful quotes on... Pinterest)

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Dr. Antony Theodore
O Hear Him Within You.

Hear him within you.
He speaks in infinite love.
He lifts the veil of the soul
to enter into your inmost recesses
to speak to you in endearing terms.

O hear him within you.

God is permanently in love with you.

Dr. Antony Theodore
O poets and poetesses of conscience
would you please write
about Asifa Banu
the eight-year-old innocence
of Kashmir who was
raped and murdered.

A heinous crime,
blood on Indian conscience.

Do not forget that
the pen is mightier than
all the injustices
that holy earth can contain.

If you do not write about it loud
you will be set to task
before the holy throne of God.

O beloved poets of Poemhunter
we are called to write
against all injustices.

It is our sublime duty
before God and human beings.

Dr. Antony Theodore
Observe Yourself

This morning i stood up before the mirror.
Mirror told me: Always observe yourself.

Let not the shine in your eyes fade.
Keep a clean conscience and your eyes will shine.
Fill your heart with the light of love.
Then your eyes will shine always.
Let your heart smile
and your eyes will smile too.
Be always in contact with the Almighty.
When God lives in you
Your eyes will always shine.

I thanked my small mirror in my room
and began to smile in love.

Dr. Antony Theodore
Observe Yourself.

Come home to yourself.
Observe yourself.
It is delightful to observe
One's own beautiful self.

Then illusions begin to crumble.
You begin to know things that
cannot be described.
Then life will become effortless.

This is called happiness.

(We all live in illusions, self made or the illusions of the society that you accepted without critical thinking. It is very difficult to be aware of illusions and call illusions by name. It is then one can conquer it. That is the moment of happiness)

Dr. Antony Theodore
Oh Hear Him Within You.

God Speaks of his infinite love
for you personally now at present.

Oh hear him within you.

It lifts up the sky of the soul
with the expansion of light,
among white shining clouds
shaping new heights and new depths.

Oh hear him within you.
Lend your ears in keen attention.

Dr. Antony Theodore
Oh Nightingale, Nightingale

Oh Nightingale, Nightingale
Would you sing me a song full of melody?
The poet asked.

‘Mellifluous’ do you mean?
The Nightingale asked
“Yes” said the poet with a smile.

“I have forgotten all my songs”
The Nightingale answered

Why? The poet asked.

“My heart is full of sorrow.
I cannot sing now
I have forgotten all my songs.
Would you forgive me my dear Poet? ”
said the nightingale in a voice full of sadness.

The poet was so sad
That he began to write songs
to bring the nightingale to sing in joy.

(Making others happy is our divine call. How many people did you make happy today?)

Dr. Antony Theodore
Oh! Little Parrot Of My Heart

The Robins sing.
The daffodils raise tiny faces to the morning sun.
The rivers flow again dancing in the mild wind.
The soft green leaves and the sun shining through.
Red, blue, white and yellow
are the flowers on my courtyard.

Did you hide behind me in the winter?
Did you like to play hide and seek with me?
Where did you go in the cold days?
I missed you so much that I wept in your absence
And shed many a tear for you.

Listen! The blue birds sing
Jumping on the hedge and springing on the branches,
smiling to me always as if they knew
my secret longings.

Breathe in the springtide! Oh little parrot of my heart.
Life is a celebration.
Sing and dance in the spring meadow here and now

Dr. Antony Theodore
Oh! Penetrate My Soul

Oh! Penetrate my soul
Penetrate me and make me complete.

Take me by hand from
the world of dreams
to the world real,
full of charming smiles.

Look deep into my soul.
Go deep inside my soul
until you find the endless depths.

Travel to conquer
the unconquerable depths.

O be mine!
I know the comfort
of the mind and soul.

Oh! It rains in me.
I am truly happy.

Dr. Antony Theodore
Oh! How I Yearn For You

You are my eternal sun.
You are the light of my soul.
Oh! how I yearn for You.

My heart flies to you
without my permission
into the heavenly abode
of your love and light.

(Graphic: Rick and Valerie Mundell saved to Of The Sea 223 Lua. Beautiful Sunset. Pinterest).

Dr. Antony Theodore
Oh, I Can'T Cry!

Oh, if only I could cry after being loved. 
In the vast world of many 
I have no one to love. 
And no wonder that I can’t cry 
Because I was never loved.

Dr. Antony Theodore
On Nakedness

Truth is naked.
The moon is naked.
The Elephant is naked,
so is the ant
the tiger,
the butterfly,
the monkey.

Adam and Eve were naked
and all in paradise.
So was the creation
because
truth was always naked;
It is and it will be.

As years went by
Humans invented dress,
learned thus to hide the truth.

Capitalists made an industry,
calculated the profits;
Advertised how good it was
to cover the naked truth.

They created slaves;
Made use of the poor workers
in the third world countries
to create dresses of all kinds and fashions.

They saved the money in the banks
all over the world.

Alas!oneday the capitalist
suffered a heart attack and fell.

The banks profited from his money;

The miserable dress makers
In the factories remained poor
and died in their misery.

Truth is naked
Truth was naked
Truth will always be naked.

Dr. Antony Theodore
On The Banks Of The River

I sat on the banks of this river.
Wanted to throw a stone
to see the never ending ripples.
But did not, for fear that I might kill
the joy of the tranquil waters.

.............

In a moment I fell into a trance.
It was a beautiful vision
of God appearing on the tranquil waters.

I saw my God, I saw my God.

Can you tell me, how my God looked like?

Dr. Antony Theodore
On The Path "To" Love.

Doubt reflects the ego
bound in time and space.

Love reflects God,
Eternal Divine Essence.

This is the ultimate promise
on the path to love.
You will walk in the light of Truth
beyond any truth
your mind presently knows.

Published October 17, 2010 in Poetfreak under the name Genovamaaa. Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
On The Rainbow Mountains I Fell In Prostration.

On the rainbow mountains, i sat
and thought of the wonders of creation.

I looked up and saw in my mental eye
the creator, the most beautiful God.

Then i knelt down on the rainbow mountains
and adored the One who is in my soul and everywhere.

He is in the blade of grass, in the skies,
on the mountains, in a butterfly, and in an ant.

I fell down in adoration and in prostration
until the morning rays kissed my face and lips.

Graphic: World Rainbow mountains - Wanderlust Magazine
Wanderlust Magazine)

Dr. Antony Theodore
On The Shores Of Life

Alone in mild light
i wander
on the shores of life.

i am alone but not alone.

The Eternal watches me
in indescribable love.

i am waiting on these shores.

One day the Eternal will come
to take me to Him.
Then my life will be fulfilled.

('i' is not written in Capital to show humility and the lack of Ego)

Dr. Antony Theodore
On The Top Of The Misty Mountains

On the top of the misty mountains
I sat in utter peace and inner joy.
I pierced through the skies
to see heavenly beings coming down.
I waited and waited in the morning
till the day came to bow down
in myriad colors and sprinkled
in my heart and on my body
the sense of the joy of the colors.

I had a longing never to climb down
and to sit there day and night
to watch every dawn and dusk.

I am sure, on one fine mystical moment
God will come down from the heavens
to show his benevolent face
to this yearning heart.
God, don't you know that
I have such a longing for you

Dr. Antony Theodore
On This Seashore

This dawn
I stand
on this seashore.

I think of you my God
the ruler of my soul.

You are there on the other shore.
You are the light of my life.

I have a new song on my lips
singing praises of your wonders.

I have nothing else in my life.
You are my source and my destination.
Oh! how I wish to be in your arms.

Dr. Antony Theodore
On Your Knees You Become Great

The merciful are quiet
They are not conspicuous
and do not attract the attention of others.

They don't make a lot of fuss.
They don't aspire for fame.

They bow and bend down
to those who need them.

They stand with the poor and needy.
They are near them,
not above them.
They make them stand erect
in their dignity as human beings
in the honest and upright stature
in the image of God.

The merciful are quiet.
They don't desire for a position.
They like to be with
the poor and the rejected.

The kingdom of God roots itself in them.
In them the kingdom of God will grow

The human being is never so great
as when he is on his knees.

Dr. Antony Theodore
One Cannot Escape The Cravings For God.

One cannot escape the cravings for God.
There is the clear light of reason
and the steadfast mind.

When the natural love of the soul
is united with this reason and light,
there emerges a passionate desire
for this harmony that comes from the love of God.

It is the point at which you experience
that you cannot escape the cravings for God.

Dr. Antony Theodore
One Cannot Take The Ego Into The Presence Of God.

One cannot take the Ego into the presence of God.
Ego is powerless and useless in the world of the Unknown.
In the world of the Unknown love has to lead you.

Following the path of love leads you to eternal bliss.
But love leads you to the Uncertain.

Ego needs certainty.
Love cannot give it.
So Ego and love will be in conflict through out this life.

In the life after, Ego has no place.
Only love shall rule and reign.

(Graphic: The Smart Fish. Your mental focus determines God's presence in...
Maxing Out On God's Love500 × 332Bildersuche
The power and presence of God in your life is love. If you don't focus on God's love, you never experience his presence and power.)

Dr. Antony Theodore
Only In The Rain Of Tears.

I have seeds in my soul.
It will burst into flowers
only in the rain of tears.

I have seeds of love in my soul.
It will fall into fruition
only in the fire of burning intimacy.

( Flowers of my soul - Form & Bronze
Form & Bronze
Exhibition «Flowers of my soul» Pinterest Genovamaa’s collection)

Dr. Antony Theodore
Only Supernatural Possesses Reality.

All life, all phenomena
are the endless modifications and expressions
of the one transcendent object.

When our vision and our idea of things
tend to agree more and more
to that Eternal idea,
we get closer to the Reality.

The Eternal idea is the Thought of God.

We find supreme unity
in the Thought of God
where all the appearances
that make up the world of science,
metaphysics and art converge.

In this sense it can be said
that only Supernatural possesses Reality.

Dr. Antony Theodore
Only Where Mind And Desire End...

In our struggle to know God,
we want to reach far-
far beyond measure
and yet we find that
all that is to be understood
or to be desired is still
not God,
but that where
mind and desire end,
in that darkness

God shines.

(Human brain is incapable of knowing God.
We struggle through our prayer life to attain God's nearness. But if God does not appear in our darkness,
we shall never know God. This yearning in prayer and contemplation is what we can do. We want to experience God's presence. Unless God himself gives, we shall never achieve our goal here on earth).

(Graphic: Pinterest: Ana Dulcigno saved to Noche LÁMINAS VINTAGE, ANTIGUAS, RETRO Y POR EL ESTILO....)

Dr. Antony Theodore
Our Own Barriers

What keeps us from the fullness of who we are called to be and from blossoming into the gift God intends us to become?

Fears both real and imaginary, inner snarls, and discord turn us in on ourselves and blind us to the goodness within our brokenness to see the beauty in us and in the creation.

 Anything or anyone that does not bring us alive is too small for us.

Dr. Antony Theodore
Passing Through The Center Of His Own Soul

The mystic poet enters into himself
to pass through the center of his own soul
and lose himself in the mystery
and secrecy and infinite transcendent
reality of God living and working within him.

This journey inward has a destination
beyond personal identity.

Dr. Antony Theodore
Paying Tribute To The Tyrant Within Oneself.

For the man to be free, 
he must be delivered from himself.

The tyranny of man over man 
is but the external expression 
of each man's enslavement 
to his own desires.

For he who is the slave 
of his own desires 
necessarily exploits others, 
in order to pay tribute 
to the tyrant within himself.

Before there can be any 
external freedom, 
man must learn to find the way 
to freedom within himself

Dr. Antony Theodore
Permanent Climate Of Divine Kindness

From the beginning of time
grace of God has been
woven into the fabric of our universe,
into the lives of all humanity.

The earth is crammed with heaven.
Every common bush is afire with God.
The love of God is universal.
God is determined to bless humanity.

When the sun shines on people,
Where birds gather seeds
without ploughing and harvesting,
where untended wild flowers
burst into bloom on rocky hills,
know in your heart and mind,
it is the permanent climate
of divine kindness

Dr. Antony Theodore
Perseverance.

Perseverance is the radical principle of every one who is truly great.

Little is accomplished, because little is attempted.

Little is attempted, because difficulties are magnified.

Leave away your fear and jump into realistic actions.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. Published for a long time under this second name. I write to keep her memory alive as long as I live.)

Dr. Antony Theodore
Meditation - Poem by Anna Banasiak

The heart beats faster and faster louder
sounds words and thoughts quiet down
I drift off to the islands of childhood
body and soul are still muted
they float on the other side
thoughts merge with water
I swim deep into myself
wandering without tips
for transformation
I drift off
getting ahead further
deeper and deeper
heart beats more slowly
becoming quieter

German translation

Das Herz schlägt schneller und pocht lauter
und lotet Worte und Gedanken ganz ruhig aus
Ich lasse mich treiben zu den Inseln der Kindheit
Körper und Seele sind bis jetzt stumm
Sie treiben auf die andere Seite
Gedanken gehen im Wasser auf
Ich schwimme tief in meinem Inneren
und gleite ohne Schwierigkeiten
in eine Verwandlung
Ich lasse mich treiben und treiben
und mache weitere Fortschritte
tiefer und tiefer
Das Herz schlägt immer langsamer
und wird immer ruhiger

(this poem was translated by Peter Tweer into german as instructed by antony theodore)
Dr. Antony Theodore
Piercing Through The Irrelevance.

We are called by the voice of God, 
by the voice of that ultimate being, 
to pierce through the irrelevance.

The mystic is called to transcend 
familiar and conventional patterns of 
religious thought and action.

Without an encounter with God 
we shall never discover 
our deepest freedom.

God and Self exist, 
together at the center of The Being.

Dr. Antony Theodore
Pilgrim's Intense Desire

Love draws all things to their home in God.
The Mystic becomes conscious of the mutual desire existing between man's spirit and the Divine Spirit.

This is the universal law on which all mysticism is based.

This natural intense attraction, then, once he is aware of it, will draw the pilgrim irresistibly along the road from the Many to the One.

Devotion embraces the whole contemplative life.

Dr. Antony Theodore
Pin Me To The Holy Cross

Break my heart oh God
so that I may hold on to you.

Pin me to the holy cross
so that I may learn to forgive.

Dr. Antony Theodore
Play On Your Harp My Angel Of Love

Play on your harp
my angel of love,
my guardian angel.

Come down from the white skies
to walk with me here on earth.

Play on your harp
my angel of beauty.
Fill my heart and soul
with mellifluous melodies.

Lift up my heart
to the presence of God
so that i may be lost
in meditation of the goodness
and kindness of my eternal lover.

Come to me my beloved angel

Dr. Antony Theodore
Please Do Not Reject My Smile! ! !

May i send you a smile today
It does not cost you anything.
It is my morning gift to you
because i think of you.
You are so important to me.

It will comfort you
and gladden you.
It will console you.
You are so important to me.

I want to send my smile
to the rich and the poor
to the sick and to the healthy
to young and old
and people of all beliefs.

You know,
My gift of this smile is free.

Will you accept my smile?
Please don't reject my smile.
It can give me great pain
deep down in my heart.

You are so important to me.

Dr. Antony Theodore
Poet- Priest Is Transcended By His Work.

Art can form and spiritualize man's consciousness. Such a poet is willing to be transcended by his work.

The union of priest and poet are among the highest human possibilities and states that the Perfect Priest and the Perfect Poet are one.

Both are concerned with the connection of the interior and exterior elements of life.

Dr. Antony Theodore
Poets intuitively recognize
the suggestive quality of symbols,
their links with the truth
and have borrowed
and adapted them
to their own art of translating Reality
into terms of rhythm and speech.

But ultimately they owe
their origin to the mystics
or to that mystical sense
which is innate in all true poets.

In the last analysis,
it is the mystical experience
they try to describe.

Dr. Antony Theodore
Poets Are Called By The Almighty

A real poet has to be
a living expression
of the love of God;
being all things to all men
for the sake of God.

Love is the chief motivating force.
Love is above all things
and is the sum total
of mystical thinking.

True love helps a poet
to systematize his own thought
to seriously and consciously
try to direct others
in and through his verses.

Nothing so intensifies a man's scholarship
as the burden of directing the mental
and spiritual growth of others.

This is exactly the vocation of a poet.

This self-felt responsibility surely intensifies
the poet 's own inner exploration and study.

Dr. Antony Theodore
**Poets Are Successors Of Prophets**

A genuine aesthetic experience
is a suprarational intuition
of the latent perfection of things.

A Christian poet and for that matter
all the poets are successors of prophets
in all religions and history.

The poetic instinct supports
and enlarges the mystical experiences.

Dr. Antony Theodore
Pointing To The Silence

The artist's role is not to teach or preach or produce but only to find the truth and be in harmony with it and to point beyond all objects into the silence where nothing can be said.

The life and work of the artist and the mystic are consummated when they are integrated with his person and ultimate reality into an organic, spiritual whole.

Dr. Antony Theodore
Prayer To My God

God,
Seal my smile with your sunshine,
Cover be with the tenderest of greens
Pour the pure oil of rose
On to my head
Kiss me on my forehead
Hug me so close
Until I forget myself.

Dr. Antony Theodore
Prostrate There In The Inner Space

Step into your inner cave.
Pray to God Almighty
who lives in the unknown and unseen.

Pray to the One who sees
your being in wholeness.

Prostrate there in this inner space
in utter humility.

(The Cave of Fire - Story and Meditation - Crystalinks)

Dr. Antony Theodore
Pulsating And Initiating The Emancipation Of Life.

Self forgetting
dancing in God’s Presence

is pulsating and initiating
the emancipation of life itself.

It is the cosmic heritage in all creation.

Dr. Antony Theodore
Pure Romance

Bring your harp.
Sing a song of love.
Dance to its rhythm.
I want to get back
the lost grace of my life.

When you sing and dance
before me in innocent gestures
grace shall fill my veins.
Sing to me and dance in tunes
of pure romance.

(I published this poem in Micropoet under the name of my beloved mother
Genova Maaa who passed away at a young age. Published for a long time with
this second name)

Dr. Antony Theodore
Purification Is The Path To The Mysteries.

Purification is the path to the mysteries.

Descend into our nothingness
to examine the foundations
of all possible human experiences.

This gives us the ability to understand,
evaluate and criticize the poets,
the visionaries and saints.

There is a world of reality
in our own selves.

Discover it.

Dr. Antony Theodore
Purify The Doors Of Perception.

The spirit lies beneath
the layers of sensations.

Cleanse all that obscures the Spirit.

Purify the doors of perception.

Then you will find
the center in your own body
where spirit and love meet.

(This was published in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. I published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Quench My Thirst And Longings

I built a cave,
lit an earthen lamp,
sat there praising your holy name
all night through
and fell at your unseen feet
in benevolent adoration.
When will you appear
to quench my thirst and longings?

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. I published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Rain And Diamonds

God of love,
your rain fell on
my open palms, bare
and became diamonds.

(Graphic: Amadelia Grace saved to Pluviophile.. )

Dr. Antony Theodore
Rain On Me, My God Rain On Me

Rain on me, my God
Rain on me.

Make me naked.
Pour your rain
on my body
in my soul
on and in my heart
and in my intellect.

I want to be wet
with You, my God.

Rain on me my God rain on me.

Dr. Antony Theodore
Reach Purification

In meditation
you learn to be with your heart
to be aware of its spiritual meaning.

Reach purification by releasing
all that is repressed.

Listening to your heart
without manipulation or judgement
leads to pure attention.

(This was published in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. I published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Reaching Out To The Inner Reality

Reaching out to the inner reality
is the call of God to a poet.

One who cares to listen to it
becomes a real poet and a prophet.

Eradication of all that is non-spiritual
from him, becomes his divine duty.

It is only then his prophetic call
becomes clear and his voice
will have a celestial tone
that affects all his listeners.

Dr. Antony Theodore
Realize Your Own Beauty

You are such a wonderful gift.
Do you feel deep in yourself
that you are a great gift?

It is high time to realize your own beauty.
Zest for life and lust for life and living
should you discover in your own self.

Do you say yes to your own beautiful self?
See the sparkling and twinkling stars.
They say yes to themselves.
Do you say yes to your own beautiful self?

Open yourself to the gleaming and glowing sun.
Say yes to every new day
for life is a gift from the Almighty God.

Dr. Antony Theodore
Really Sublime Is This Life.

Really sublime is this life.
Achieving and pursuing goals
ready to meet any kind of fate,
we go forward with courage
to face the broad field battle.

Life is earnest and goals are true.
We fight till death, come what may.
In such minds, God the Almighty
shows his graces and powers.

Dr. Antony Theodore
Redefine Human Nature In Positive And Godly Terms

Feeling of safety,  
self-confidence,  
full of self-esteem  
and deep-felt love  
for self and others,  
deeply appreciative  
of what life brought to them,  
constantly in a state of wonder  
year in and year out,  
life appears fresh and alive.

They are the self-actualized.

Redefine human nature  
in positive and godly terms.

Dr. Antony Theodore
Regain The Lightness Of The Being.

Release all grudges
and all unforgiveness.
Think of those things that hurt you
and of all things that upset.

Refrain from words that destroys.
Utter only positive words.
Regain the lightness of the being.

Turn the situations
causing resentment
as ideal opportunities
to work on the inner self.

Release all grudges
and all unforgiveness.

Dr. Antony Theodore
Reinvent And Reclaim Religion.

The world seems to be spinning out of control.
In the name of God bombs are detonated.
Subordination of women,
killing in the holy name of God.

Religions failed.

Religious Routinism,
dogmatic teachings devoid of vision and soul,
dogmas without a relation to real life,
religious extremism,
mindless repetition of prayers.

Religion becomes slowly irrelevant.
It does not appeal to the young.

Reinvent Religion
to meet the needs of modern life.

The world is on fire.

So reinvent religion.
Reclaim religion.

Offer faith of all kinds
as a hopeful counter-narrative
to the numbing realities of violence,
extremism and pessimism.

Dr. Antony Theodore
Religions Shall Not Divide The Humanity.

God's commandments are not difficult. 
One who obeys the commandments 
enjoys continuous mental peace. 
He is like a rock unmoved in sufferings.

Every human being is begotten by God. 
A man or a woman who overcomes the world 
enjoys the victory over the world 
and stands firm in the tribulations.

God's spirit is the truth. 
The Spirit of God bears witness 
to all our actions, words and thoughts 
since we are the children of God.

No Religion shall divide us 
because God is beyond all Religions. 
Stand firm united with the Almighty, 
the mighty creator of the universe.

Dr. Antony Theodore
Remember Dharma, Tao And Self-Transcending Awareness.

Remember that to achieve the unitive knowledge, to realize this supreme identity, is the final end and purpose of human existence.

Remember that there is a Law or Dharma, which must be obeyed, a Tao or way, which must be followed, if men are to achieve their final end.

Remember that there is of I, me, mine, that can make a man selfish, and that consequently the Tao is a Way of humility and compassion, the Dharma a Law of modification and self-transcending awareness.

Remember all these.

Dr. Antony Theodore
Renunciation And Detachment

When the spiritual consciousness grows,
his consciousness shows many things
in his life to be Illusory or impure.

His renunciation and detachment,
Purification and its trials,
all form the part of his intense
Aspiration to reach God.

(Quote:  Guru Nanak's teachings)

Dr. Antony Theodore
Restful Awareness, Intuition And Vision

Despite the turmoil that makes faith in God harder than ever every level of revelation still exists.

Develop the innate ability to see with the eye of the soul.

Two voices are heard in us every day, the one believing in the dark, and the other believing in the light.

Restful awareness, intuition and vision leads to light.

Clothed in love and serenity the brain discovers that it can escape the prison of its old reactions, rising to a new higher level to perceive the God of love.

(Graphic: InnSaei (The Power of Intuition)| Rubin Museum of Art InnSaei (The Power of Intuition)Special Screening

Dr. Antony Theodore
Resurrection Leads To A New Beginning.

Despite all the wars, sing the songs of peace.
Despite all the fears of the future
be active today to build up what you can.
Despite of all the darkness of the soul
ignite lights of hope.

Despite repeated falling,
despite all enslaving powers
have the courage and hope for freedom.

Despite all the sufferings of the world,
and all death in everyday life,
believe we will live again in heaven.

(Graphic: Resurrection Fanpop The Jesus club)

Dr. Antony Theodore
Return To The Intimate Roots Of Our Own Being.

Love is the chief motivating force of life.
Love is above all things.

All of us want, or need, to be loved.

The need for love is the most basic of human impulses.

We cover this need with patterns of self-protection or images of self-reliance.

But it is always present, whether hidden or visible.

In human relationships, we seek for love project our need on to parents, partners, friends, lovers.

The denial of love causes wounds that we carry with us.

This unmet need haunts us, driving us into addictions or self-destructive patterns.

If our need for love is met we feel nourished in the depths of our being.

We have to return to the intimate roots of our own being.

And here we discover
that the source
and answer to
this primal need
is not separate from us,
but part of our own
essential nature,
our own true being.

Lovers don't simply meet.
They're in each other all along.

(Mother and Newborn- 2048 × 1367Bildersuche)

Dr. Antony Theodore
Revealing Symbols.

It evokes a greater emotion when the suggestive quality of the symbols are greater and it conveys more truth.

Symbols try to reveal the utmost resources of beauty and passion.

It brings with it hints of mystery and wonder. It appeals to the desirous heart and the intuitive sense of man.

Spatial imagery inseparable from human thinking and human expression facilitates the description of a spiritual experience.

Dr. Antony Theodore
Ringing The Bells Of Love

Early this morning
in your temple where you live,
I stand before your holy shrine
ringing the bells of love.

Would you come down from your holy shrine,
my lover of my heart to look at me.
I need only your eyes to see me now.

I was dying with longing the whole night
sleepless was I on my cozy bed.

Before the morning cock crows
I came to you to your holy shrine
to tell you that I love you
more than anyone else in this world.

I die with longing for your presence.
I need only your eyes to see me now.

Dr. Antony Theodore
Hundreds of thousands of people live in Kutupalong in southeastern Bangladesh. How many are they exactly? No one seems to know exactly: 500,000? 700,000? 830,000? And no, actually they do not live there, they vegetate. They belong to the ethnic group of the Rohingya and have fled here from murder burners, rapists, torturers in Myanmar. With the hope that someone helps them. But there is nobody who helps.

There are only mud, simple huts made of bamboo and plastic sheets and the fear of flooding. There is misery in the largest refugee camp in the world.

Wait, there's someone who helps: Organizations like UNICEF are there to support the many, many refugees. They organize food and medicines, clean wells, help with the construction of huts, erect ditches and ramparts against impending floods. UNICEF's staff filmed the camp with a drone. It reminds me of an apocalyptic scene. But please look for yourself.

All the people who have to vegetate in these camps deserve our attention and compassion. And the helpers of organizations like Unicef deserve our admiration.

Dr. Antony Theodore
Romance And Spirit.

The ecstatic feelings in romance, 
the sense of timelessness of being 
are really spiritual.

Romance and spirit 
are both states of inner truth.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Rose, Are You Jealous?

Pretty rose tree, pretty rose tree
Why don't you give me a rose today?

The rose showed me only her thorns.

Are you jealous that I have another rose
fixed on my coat button?

My pretty rose tree kept silent,
showed me only her thorns,
looked at the chattering sparrows around
not caring for my presence.

Pretty rose, pretty rose
are you jealous that I have another rose
fixed on my coat button?

Dr. Antony Theodore
Satan's Prayer.

Once Satan built a Synagogue.
He wanted to pray
with lifted hands and noble words.
With beads on his lips he prayed.
But there was no inner melody in him.
And the angels could not hear him.

A poor little child
from the poorest village
lifted its eyes and sighed.
Its inner melody
sounded and resounded
in the mighty heavens all over.

Dr. Antony Theodore
Say Yes To The Surprises

Say yes to the surprises
that thwart your plans,
destroy your dreams,
give your day a completely
different direction,
perhaps even your life.

They are not coincidences.

God has a plan for you.
Believe in it.

Nothing happens to you
without God's knowledge.

Dr. Antony Theodore
Secret Language

My heart has a secret language.
It has no alphabets.
It is the song of my dance
and the dance of my dreams.

Dr. Antony Theodore
See Your Beauty

Learn to see your own beauty
in the presence of God in intimate prayer.
Then you will become your own idol.

Dr. Antony Theodore
See Your Own Beauty

Learn to see your own beauty
in the presence of God in intimate prayer.
Then you will become your own idol.

Dr. Antony Theodore
Seeking A Direct Existential Grasp.

In a mystical experience, the division between subject and object disappears.

One does not look at God as an object nor look at oneself as an object.

The man who knows God in the full mystical sense loses interest in divine or self-objectification.

The mystic seeks to gain a direct existential grasp, a personal experience of the deepest truths of life and faith, finding oneself in God’s truth.

One can only clear away the obstacles and dispose himself for the union.

Dr. Antony Theodore
Seeking The Source Of Authentic Peace.

A mystic seeks no kind of mastery except the mastery of self.

He seeks no kind of knowledge except the intuitive knowledge of God at the depths of his being.

All else is superfluous.

The life of prayer establishes contact with the source of all life and with the only source of authentic peace.

Dr. Antony Theodore
Self Importance Can Halt Progress For A Long Time

The greatest of artists
suffer pangs of doubt
and failure of inspiration.

Poets are co-creators, i believe.

Self-importance can halt
progress for a long time.

In magical moments of true inspiration
the poet stands apart
from the process of creation
and allow it to happen.

Dr. Antony Theodore

All the disorder and corruption
and malady of our nature
lies in a certain fixedness
of our own will, imagination,
and desire, wherein we live to ourselves.

We are our own center and circumference.
The Self has to learn to cease
to be its 'own center and circumference',
to make that final surrender
which is the price of final peace.

Dr. Antony Theodore
Send Me Celestial Beings

I sit on the shore and watch
the vibrant movements
of the mild waves
dancing on their way
to the shore to touch my feet.

Light of my heart,
I see your sweet smile
from the blue skies.

Send me celestial beings
to sing with me
a song of praise
making my heart
purer and purer
here in this mundane life.

Dr. Antony Theodore
Send Me Rainbows When My Heart Is Like A Dry Stream Bed.

Let your soul come alive.

When you light up,
the whole world
benefits of your light.

Learn to master your fate.
How you master your fate
is more important than fate itself.

God, fill my mouth with laughter,
help my tongue to sing for joy.

When my heart is like a dry stream bed,
send me rainbows and pouring rain.

I carry sacks of seeds of sadness.
Help me to return with joy in fullness.

(Graphic: The Oakland Press Blogs: Earth's Almanac: Mother Nature :)

Dr. Antony Theodore
Shall We Climb Up On The Rainbow?

In the shades of the rainbow
shall we hide like little fairies
wondering about the signs of God?

When the angels sleep
shall we climb up on the rainbow?
and dance there on the top
to be lost in colours
of intense love.

Dr. Antony Theodore
Shall We Swim To The Other Shore?

Come we shall swim, have no fear.
I am with you always.

Come we shall swim to the other shore.
Then when we reach the shore
I can help you to climb
up on the rainbow with me.

We will be in light, in colors, in joy
in peace, in smiles, and shall we kiss
when thousand angels look at us.

Do you come with me my love?

Dr. Antony Theodore
Shatter Your Illusions.

Shatter your illusions.

See! Everything you have thought that you have built up shakes and crumbles before your mental eye.

Freeing yourself from illusions is very very painful.

It is the first noble step on the path of awakening.

Shatter your illusions.

Dr. Antony Theodore
She Danced To The Rhythms Of Melodies Unheard.

I saw in the night
a fairy
dancing in wondrous light.

I yearned to run to her.

But my steps faltered.
I could not move.

She danced to the rhythms of melodies
unheard.

Oh! How sweet it was.

I wept bitterly when she vanished.

Dr. Antony Theodore
Shifting Of The Field Of Consciousness.

The awakening of the transcendental consciousness is a disturbance of the equilibrium of the self, which results in the shifting of the field of consciousness from lower to higher levels.

It is the necessary beginning of any process of transcendence. This awakening is an intense form of the phenomenon of conversion.

(Graphic: Bilder von Artist Kirk Reinert)

Dr. Antony Theodore
Silence Can Be A Very Powerful Instrument.

Correct your boys and girls.
They will delight your soul later.
They will give you comfort
and you shall then rejoice.

Do not get angry and shout.
Your silence is very powerful
When you rely on God
and try to discipline your children.

Dr. Antony Theodore
Silently I Wait

He gently touched me
With his caring hands.
And in his eyes there was a glow
Which fired my soul.
I get untiring wings
Whenever I think of his love.
I sit motionless
At dusk
And think over how great his love was.

Silently I wait
For him to appear
In me, deep down in my soul.

Dr. Antony Theodore
Sleep Baby Sleep

Sleep baby sleep
May I sing a lullaby.
I am your mum now.
I am your dad now.
I am your angel of love.
I shall protect you always.
You are safe in my hands.
I shall hug you softly.
You can sleep on my chest.

Sleep baby sleep

Dr. Antony Theodore
Sleep In The Arms Of God

On the banks of Ganges
I sat in a serene and sombre mood
Looking at the playful water
as the wind like a great artist
Draws playful lines and circles
On the water.

The wind
Tickles the water
And it laughs although I can't hear.
When the water laughs
And jumps, it moves
In lines and circles
And then rushes swift to the shore.

I sit there at the shore
With my feet in the water
And watch the lines and circles
Reach and kiss my feet
In reverent love.

The wind is playful today
And comes to my lips
With a cold feathery touch
And caresses my hair and I feel alive.
It tells me about the sweet words
Uttered by lovers on the shore
Sharing their intimate feelings.

Tonight I shall dream
Of the symphony of the dancers
And as in a fairy tale
The lovers will come on this shore,
Kiss a thousand kisses
Tell love stories,
Smile and lie on the lap of each other.

I wish you, lovers of this shore
Bliss, serenity and peace.
Sleep here lovingly
The night through.
Let the glorious moon
Pour its mild heavenly light on you.

Sleep together lovingly in the arms of God.

Dr. Antony Theodore
Smile Always From Your Depths.

Resentment is poison for the body and soul.
Free your mind from all that is negative.
Fill your soul with love.
Forget and forgive.
Smile always from your depths.

Dr. Antony Theodore
Smile Always On Your Way

Let go the material world.
Open yourself to the Higher Consciousness.
Become aware of one’s own greatness.
Sense that you are important
because you are a child of God.

So do not feel inferior.
Believe in yourself.
Believe in life.
Accept yourself completely.
Love yourself as you are.

You have a mission in the universe
to spread love and kindness.
Live this mission fully.
Smile always on your way
of fulfilling this heavenly call.

Dr. Antony Theodore
Smile And The Whole World Will Smile With You.

Smile and be happy always.
By worrying what will you gain?

Take time and do things
that makes you happy.

You cannot conquer the world.
But you can conquer yourself.

Be selective.
Do things that is possible for you.

Do even the little things
that makes you happy always.

Smile and the whole world will smile with you.

Dr. Antony Theodore
Smiling In The Rain.

God showers raindrops on me.
God knows that i am crying.
God wants me to smile and laugh.

So he sent me raindrops.
i believe that God does it purposely
to make me happy in my sorrow.

God, you know, i enjoy it.

you see me dancing in the rain.
Oh how can i ever thank you
for all the love you show me.

i always believe that you watch me.

Thank you Lord of my heart.
i have no one in my heart.
my heart's cave is free for you alone.

Come and rest a while in my heart.

(Graphic: Thea saved to Amore, Romantik, Pinterest)

Dr. Antony Theodore
Smiling On The Death Bed.

See the invisible.
Feel the intangible.
Strive hard to accomplish.
No time to be wasted,
but find time to relax.

Then again perform
according to your inner call.

Then you will achieve
The impossible.

This is your calling
to leave the indelible
mark of your existence.

Die a sweet death
smiling on the death bed.

Dr. Antony Theodore
Solitude

Lead me by my hand
O, mother solitude
Into thy loving womb
Of solitude interior,
Into the anguish unknown,
Where praying buds
blossom into flowers divine.

Dr. Antony Theodore
Some Do Not Know It

Some people do not know how important it is that they are just there.

Some people do not know how good it is to just see them.

Some people do not know how comforting their kind smile works.

Some people do not know how pleasant their closeness is.

Some people do not know how much poorer we would be without them.

Some people do not know that they are a godsend.

(Graphic:Pinterest. Elizabeth Barnes saved to Our Beautiful World/ beautiful photography
12k
A Nice swan! She looks absolutely faboulus)

Dr. Antony Theodore
Some Live Always In Tombs.

Let go of our fears and anxieties.  
Then we begin to see more clearly.  
We gain positive energy to deal  
with our demanding reality.

So I choose to bid farewell  
to my dingy tomb-like existence  
and to everything that constrains me  
from stretching towards the light.

Many are accustomed to the tomb  
that they find solace in it.  
They prefer to be unhappy  
In their familiar situations  
than to risk the unfamiliar.

Dr. Antony Theodore
Songs Of My Pain

My soul is the home
of a wounded butterfly.

It sings in prayer
at dawn and dusk.

Heal not my wounds!

Let my songs be born
from the pain of my wounds.

Dr. Antony Theodore
Soul Cannot Invent Itself.

The soul is a presence of the divine world.

It cannot invent itself.

The soul holds the echo of primal intimacy.

This original echo whispers with every heart.

Intimacy has no limit in the soul.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. I published for a long time under this second name. I write to keep her memory alive as long as I live.)

Dr. Antony Theodore
Spiritual Life And Personal Discipline.

The spiritual life is a matter of personal discipline.

The most suitable environment for this pursuit is the desert.

In the desert is the oak of Mamre.

Here is the ladder which leads to heaven, and the encampments of angels which Jacob saw.

Here is the wilderness where the people purified, received the law, and then going into the land of promise, beheld God.

Here is Mount Carmel where Elijah abode to please God.

Here is the wilderness where the blessed John ate locusts and preached repentance to men.

Here is the mount of Olives, which Christ ascended and there prayed, teaching us how to pray.

(All are references from the Holy Bible)

Dr. Antony Theodore
Spiritual Life Is Not Mental Life.

The experience of faith affects all the faculties and yet transcends them all.

Spiritual life is not mental life. It is not thought alone, nor is it a life of sensation.

It is not merely a life of feeling, nor does it exclude thought and feeling but elevates all in love and in faith.

Dr. Antony Theodore
Spiritual Marriage

In a spiritual marriage, the soul, or rather the spirit of the soul or the divine spark, becomes one thing with God.

Humility, intimacy, and love are predominant in this state.

God who is also spirit, has desired to show to certain souls how far this love can go.

Despite his infinite majesty, He condescends to unite himself so closely to the feeble creature.

In the spiritual marriage, the soul dwells always with God.

Dr. Antony Theodore
Spiritual Person

Spiritual Person

(God is invisible, beyond all human imaginations. God is ever present in you and in me).

A spiritual person
is a good listener
of silent voices
and a sharp observer
of the Invisible.

Published on October 06, 2010 in Poetfreak under the name Genovamaaa. Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
Spiritual Seed.

Some see the Divine as a Transcendent Life immanent in the world and self.

There is a spiritual seed within them by whose development, one, moving to higher levels of character and consciousness, attains his end.

They will see the mystic life as involving inward change rather than an outgoing search.

Transformation of the Being or Regeneration are the watchwords here.

Dr. Antony Theodore
States Of „pleasure And Pain‟.

The mystics go through states of „pleasure and pain‟. On its onward journey to reality these experiences of pain and pleasure are „constants’ of the transcendent life.

Taken all together, they constitute one continuous process of transcendence, the steady remaking of character in accordance with the independent spiritual world in which the mystic finds his consolation and inner comfort.

Dr. Antony Theodore
Stay Diligent In Fulfilling Your Calling.

God revealed a wonderful treasure in you.
It is for you and for others at large.

God has called you to a mighty work.
God will fill you to overflowing
with even more along life's way.

Knowing You are with me,
I will weather the storms
and relax in dark times.

Finally, I ask for the
gift of patience
as I wait now in trust
for Your great treasures,
both here and in the life to come.

(Graphic: Gail Carlisle saved to God Loves You/ME
God loves you with a love that is increasing and overflowing... {each and every
day}.1 Thes.3: 12-13)

Dr. Antony Theodore
Chasing the money and working so hard your life passes you by isn't what life is all about. Sometimes you need to take a step back, breathe and re-evaluate things.

I reached the pinnacle of success in the business world.
In others' eyes, my life is an epitome of success.
However, aside from work, I have little joy. In the end, wealth is only a fact of life that I am accustomed to.

At this moment, lying on the sick bed and recalling my whole life, I realize that all the recognition and wealth that I took so much pride in, have paled and become meaningless in the face of impending death.

In the darkness, I look at the green lights from the life supporting machines and hear the humming mechanical sounds, I can feel the breath of god of death drawing closer...

Now I know, when we have accumulated sufficient wealth to last our lifetime, we should pursue other matters that are unrelated to wealth...

Should be something that is more important:
Perhaps relationships, perhaps art, perhaps a dream from younger days...

Non-stop pursuing of wealth will only turn a person into a twisted being, just like me.

God gave us the senses to let us feel the love in everyone's heart, not the illusions brought about by wealth.
The wealth I have won in my life I cannot bring with me.
What I can bring is only the memories precipitated by love.
That's the true riches which will follow you, accompany you, giving you strength and light to go on.

Love can travel a thousand miles. Life has no limit. Go where you want to go.
Reach the height you want to reach. It is all in your heart and in your hands.
What is the most expensive bed in the world? - 'Sick bed' ...

You can employ someone to drive the car for you, make money for you but you cannot have someone to bear the sickness for you.

Material things lost can be found. But there is one thing that can never be found when it is lost 'Life'.

When a person goes into the operating room, he will realize that there is one book that he has yet to finish reading 'Book of Healthy Life'.
Whichever stage in life we are at right now, with time, we will face the day when the curtain comes down.
Treasure Love for your family, love for your spouse, love for your friends... Treat yourself well. Cherish others. (This was published in Yahoo by 'Alex Sokurov'. I found it a wonderful note to those who go after wealth and finally cry at the deathbed).

love and love alone has meaning in this life.

Dr. Antony Theodore
Still Daring To Love

Can this heart be quiet?
Love lingers inside.

But afraid of hurts

Still daring to love,
still in hope
to meet the feathered queen
to touch the soft bed of wild passion.

Dr. Antony Theodore
Still, Small Voice From Within.

In my distress I cried
to my God for help.

God listened to the still,
small voice from within.

My cup overflows
with the unmerited favour
of God's goodness.

He raises me
from my brokenness.

Dr. Antony Theodore
Stir In My Nooks And Crannies

Stir in my nooks and crannies

O eternal flame of love,
how I wait that you kindle in me
your fire of love?

Would you blaze down
my selfish seeking
to soothingly wound me again
till you reach the roots of my soul.

Touch me in my depths
in your ostentatious profundity.

Destroy the superficial display of affluence to lead me
to the freedom
of selflessness.

Stir in my nooks and crannies
and help me lie awake
in your loving presence.

Dr. Antony Theodore
Store The Secrets Of Your Soul

The bird sings
and the morning light pours in.
Wake up my little one
the time of lullaby is gone.

Take your rose
in your little hand
and walk in the path of light
leading to the never ending light.

Seek for a place
where you can store up
the secrets of your soul
of joy and pain.

Come and ring the bells
that sound into the depths of the soul
where you can hear the call
of the one whom your heart loves.

Dr. Antony Theodore
I collected my tears
In a dry coconut shell.
You know They glittered in the sunshine.
My tears are diamonds.

I gathered my dreams
In a thin plastic bag
And kept it under my armpit.
You know my dreams have the golden color.

I ran as fast as I could
To the King's Palace.
I want to sell my tears and dreams
for my mother is dying.
no money for medicine
for i am poor.

The Guards waved their swords.
I begged 'please allow me'.

On the courtyard, I stood, i the beggar of mercy.
And the princess came down to me.
Why are you here?
My mother is dying
I like to sell ..... What?

My tears. You know, they are diamonds.

I brought my dreams too. You know they are golden.

My mother is dying..... i cried...

Princess burst into tears
Hugged me.
It was so intense.
She caressed my hair.
Her beautiful hands ran down my face.
Touched my lips wet with the salt of my tears.
The King saw, came down
Swirled his mighty sword.
My head rolled down.
Did the head of the princess roll down too? ? ?

I still remember how sweet her hugs were
How lovingly she touched me.
How she looked into my eyes with passion.
You know how I still remember it?

Dr. Antony Theodore
Such A Call Is Divine Mystical Call.

Reading the teachings
of the Fathers,
holy scriptures
of the world religions,
the Rheinish mystics,
the English mystics,
the Spanish mystics,
the Hindu mystics,
the Sufi mystics,
and the study of
existential philosophy
and modern psychology
will result in an inner experience
which will affect the whole life
and all those who come into
contact with you.

Such a call is divine mystical call.

The one who listens to it
and works hard will become
a mystic whose works
will be a joy for all
those who seek God.

Dr. Antony Theodore
Sun Is A Symbol Of God's Energy

Sun is a symbol of God's energy

Add the energy released
by the sun plus the sum
total of the energy released
by all the other stars
in the firmament
concentrated together.

Multiply that energy
by infinity and transpose
it into love,
into pure unadulterated loving.

This is the loving
that bonded God The Father
to the human beings
from all eternity
to draw us back into God
who first conceived us.

(Sun is a symbol for God's energy. Like most symbols they are no more than a shadow of the reality that they symbolize)

Dr. Antony Theodore
Sunshine Told Me Love Yourself Just As I Love My Own Shine.

When i loved myself
I came to the realization
that God love me as i am.

I learned to be quite and still
and felt that life comes to me.

I came to see emotional pain
as a sign to check if i am in truth.

When i loved myself...
I learned to meet my own needs
without thinking that i am selfish.

I began to see the desires of my heart.
I felt feelings without a second thought.

When i do something amazing
i praised myself and felt
that i am a gift to the world.

....
You were ignorant and thought it pride when you loved yourself.

I am a flower. I cannot forget my scent.
I am colour.i cannot forget my colourful wings shining in the gloriuos sun.

In my search for meanings I found myself.

I found innocence in passion
and light in darkness.

Sun told me love yourself
just as i love my own shine.

(Graphic: What loving yourself means, really. | Yolanda Wysocki, MA, PCC | Pulse
Dr. Antony Theodore
Surrender The Ego To The Spirit.

When the romance
turns into commitment,
"Falling in love" is over.
Being in love begins.

Being in love
is a state of the soul
where the lovers
nurture through surrender.

Surrender
the needs of the Ego
to the true needs of the Spirit.

Then emerges
"True love" as if from nowhere.

That is the lovers' world,
the World of the Spirit.

Published October 17, 2010 in Poetfreak under the name Genovamaaa. Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
Sweet Hummings Of The Sea

The heart of the sea hums
The love song that I never heard off.

I want to fill the silent nooks of my mountain
With these hummings of the sea.

Every dusk I fly down to the shores
To collect these sweet hums of the sea.

The whole night through
I fly back to my mountains

This flight with the hums of the sea in my heart
Gives me tremendous joy.

Dr. Antony Theodore
Sweet Tranquility, Come

Sweet tranquility, come
fill my breast and my breath,
sink me in your light of love.

Lead me from darkness to light.

Light is knowledge.
Light is wisdom.
Light is holiness.

When God danced the dance of creation
light was born from nothingness
destroying darkness.

Eternal God, give me this light.
Let this universe awake in your light.

Dr. Antony Theodore
Take Away Human Beings From This Planet.

The Reality is all right.
The Reality is not problematic.
Problems exist only in the human mind.
Reality is not problematic.

Take away human beings from this planet.
life would go on,
nature would go on.

All beauty of nature,
the destructive tendencies
and voilence of the nature
would go on without humans.

Where is the problem then?

Human mind is the problem.

You are the problem.

Dr. Antony Theodore
Take It From Me And Give To The Poor

Like the splendour of the firmament,
the poor should rise from the dust of the earth.
Those who help the poor and the needy
shall be like the stars of heaven.

O God here is my allotted portion and cup.
You it is who gave me.
Take it from me
to give to the needy and the poor.

Give them. Let them eat and make merry.
Let them enjoy life and its glories.

Lord you are the God of the poor.
Take my portion and my cup
And give it to the poor.

Then show me your path to life.
Grant me the fullness of joy in your presence.

Dr. Antony Theodore
Taste The Goodness Of God In His Presence

Glorify God with me this morning.
Look towards God and be radiant.

The angels of God are encamped
around those who revere the Almighty.

Sit down in prayer and meditation.
Lift your hands up to God
and taste the goodness in His presence.

Find refuge in Him in the real sense.

(Graphic: , spiritual Life)

Dr. Antony Theodore
Teach Not A Flying Bird To Swim

O You Educators!  !
Teach not a flyingbird to swim

Ask not a bird to burrow
It will break its wings and beak.

Force not the eagle
to swim like a fish.
Its world is the sky.

Teach not a bird to climb.
A monkey can do it better.

Train not the rabbit to fly.
Ask not the snake to walk straight.

Teach not the dog to sing
And ask not the squirrel to bark.

Let the peacock dance.
Ask not the hen to dance.

Train not the monkey to sing.
Nightingale will sing to you.

O You Educators! !
If only you knew
The creative potentials
Of the little humans
Entrusted to you! ! ! !

(As Educators we fail miserably in our schools and universities to understand the special creative capabilities of our students and to encourage them. We have to create a positive atmosphere and believe that each and every student entrusted to us is a unique child have greatness in them and very special talents. Parents should begin it in the family and teachers and Professors should continue to challenge and provoke them to get the best out of their uniqueness. It is our sublime duty to the younger generation).
Tear Of Joy

When my songs
meet the light of the skies
would you dropp a tear of joy
for me o my God.

Dr. Antony Theodore
Tell Me Of Your Dreams My Love.

Come with me my love.

Let us climb the rainbow
till we reach the top of the bow.

Shall we sit there hanging our legs
and talk little things and laugh?

Tell me of your dreams
my love.

Let me smile with you.
being one with you
in your smile and in your tears.

Dr. Antony Theodore
Thank You, God That You Help Me.

There are times when i am so sad.
Then you comfort me.
There are times when i am angry,
then you make me peaceful.
There are times when i am dejected.
Then you make me happy.
There are times when everything looks hopeless.
Then you give me new hope.

Thank you, God, that you help me
when so many things in my life
go unexpectedly flooey and to a fall.

(This morning i prayed like d to share it with my PH friends. It is a very simple prayer).

Dr. Antony Theodore
The Soft Petals Of My Heart.

Light of my life
my heart revels
as you kiss
the soft petals of my heart.

- you came and touched my eye lashes
slowly in softness ever pure.
I sink in this
beautiful moment of love.

Dr. Antony Theodore
The 'tremendous Lover' Is Hunting The Separated Spirit.

There is the remorseless, tireless seeking and following of the soul by the Divine Life.

The inexorable onward sweep of this 'Tremendous lover' is hunting the separated spirit that flees him down the nights and down the days.

Our natural will is to have God. The good will of God is to have us. We may never cease from longing till we have him in fullness of joy.

The mystic vision is of a spiritual universe, held tight within the bonds of love.

(Graphic: Pierre Teilhard de Chardin, AZ Quotes)

Dr. Antony Theodore
The Ability To Love Is The Greatest Gift Of God.

Love is the ultimate answer.
Love is the only universal energy.
Love transcends.
Love conquers all.
If we want our species to survive,
if we are to find meaning in life,
we have to love.

The ability to love
is the greatest gift of God.

Dr. Antony Theodore
The Absolute And Dynamic Aspects Of Truth.

The mystical consciousness
in its full development
is extended in two directions.

There are two fundamental ways
of apprehending reality.
It is the eternal and temporal,
transcendent and immanent,
absolute and dynamic aspects of truth.

They comprise the twofold
knowledge of God
who is both being and becoming
near and far.

They are pairs of opposites
Which ecstasy will carry up
into a higher synthesis.

Dr. Antony Theodore
The Absolute Of The Mystics Is Lovable.

Allow the mystic to live and look, then he will speak the language of immediate union.

It may not have the clarity of the arguments of the philosophers.

The mystic leaves the merely intellectual sphere of the philosopher and enters into an intimate personal sphere.

Hence the Absolute of the mystics is not dry but alive, attainable and lovable.

Dr. Antony Theodore
The Act Of Contemplation.

The act of contemplation
is for the mystic a psychic gateway.

It is a condition in which
he changes his field of perception
and try to obtain
the mystic’s characteristic outlook
on the universe.

Such an outlook
is not peculiar to any creed or race.
It is beyond all religions.

They have another
sort of consciousness,
another sense
beyond the normal qualities of the self.

Dr. Antony Theodore
The Angels Carry The Seal Of God.

My Mom told me
that angels carry
the seal of the living God.
They want to put the seal
on the forehead
of the servants of God.

Today I had a dream:

I saw a great multitude,
from every nation,
race, people and tongue
lining up before the
golden throne of "The Almighty".

Each had a white dove in the hand.

Then ...
God hugged
those who survived
the time of great distress
and withstood all temptations.

God made them wear
pure dazzling white robes
washed clean by the angels.

Then the angels came
and put the seal of God
on their foreheads.

I saw their happy shining faces
touched by angels and hugged
by the Almighty.

Dr. Antony Theodore
The Angels In Me Peep Out.

When my
inner being is unveiled
removing all external masks,
my covering gowns fall down in ease.

Then
the angels in me peep out.

Dr. Antony Theodore
The Angels In Us Fall In Love

When we both know
that the angels in us fall in love,
then we are in love.

Your angel hiding in you
love my angel hiding in me.

May I call it an intense love
experience, oh my dear poetess?

Dr. Antony Theodore
True mysticism is never self-seeking.
It is not the pursuit of supernatural joys.

It is not the satisfaction of any high ambition.
The mystic does not even seek the happiness of the beatific vision, the ecstasy of the union with the Absolute, or any other personal award.

Only with the annihilation of selfhood comes the fulfillment of love.

(Graphic: craving of the soul from Genovamaaa's collections in photobucket)

Dr. Antony Theodore
The Annihilation Of The Self

All the spiritual masters write about the annihilation of the self.

All outward works were established and ordained to direct the outer man to God and to train him to spiritual living and good deeds, that he might not stray away from the right path; to act as a curb on his inclination to escape from Self to things outside.

For the greater the delight in outward things the harder it is to leave them.

Dr. Antony Theodore
The Answer Is Yes And No.

Does a mystical experience admit of any doubt?

The answer is yes and no.

Where logic and rationality are foremost, in the conceptual level, it may admit of doubt. Mystical experience is so unrelated to reason as to seem perhaps irrational.

But in the level of immediate intuition, in which an experience impresses itself upon us directly without ambiguity, the level on which we experience reality as we experience our own being, it admits of no doubt.

The creation of conditions conducive to the ultimate is also a gift of the Almighty.

Dr. Antony Theodore
The Apprehension Of A Splendour

The awakening of the mystic sense includes the apprehension of a splendour without an expansive, formless, ineffable vision.

It is a snatching up of the self, as it were, from knowledge of this world to some vague yet veritable knowledge of the next.

(The gallery for Peace On Earth Goodwill To All)

Dr. Antony Theodore
The Awakening Of The Self To The Divine Reality,

The awakening of the Self
to the consciousness of Divine Reality,
is marked by intense feelings
of joy and exaltation.

In the experience of the presence
of the Divine Reality,
the Self comes to the realization
of its own imperfection
and the manifold illusions
in which it is immersed.

Dr. Antony Theodore
The Bird Breaks The Egg, I Imagine...

(Like to experience the joy of the bird and the butterfly)

i imagine

How would it be
to experience the joy of the bird
that breaks the shell of its egg
and finds itself in a new world.

How would it be
to be a child that has found its way
out of the womb and sees
the light of the day for the first time.

How would it be
to be joyful like a butterfly
that flies for the first time
breaking the walls of the pupa.

Can you tell me o my poets? ? ?
Published on October 07, 2010 in Poetfreak under the name Genovamaaa.
Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
The Birds Found Me.

Poems steal away my sleep.  
And at midday I fall asleep  
under the beautiful leaves  
of a benevolent tree.

I dream of birds  
with golden feathers  
flowing down into my soul.

They enter into the innermost recesses  
and find my secret store  
of melancholic songs.

And the small birds  
found me with my songs  
In my inner core  
and asked me to sing.

And I woke and smiled again.

Dr. Antony Theodore
The Birds Of Love Fly Down To You.

The birds of love
fly down to you
in utter obedience
and devotion,
when you receive them
in love
in patience
in kindness.

(Rajasthani ew - pinrest)

Dr. Antony Theodore
The Bounteous Love Of God.

God, your love is eternal.
You are exalted but you see
the poor from your throne.

You know the proud from afar.

Your enduring kindness lasts forever.
Who can ever fathom
the depths of the mind of God?

How inscrutable are God’s judgments?
How unsearchable his ways?

In his own unsearchable way,
God has planned a future
for each and every one of us.

I sit here and meditate on the depths
of the unimaginable love and care of God.

In sudden emotion and gratitude
I burst into tears and lie in prostration.

Dr. Antony Theodore
The Burning And Active Desire

For a mystic, it is essential that his love and his determination, more than his thought, should be set upon Transcendent Reality.

He must have strong emotional attraction toward the super-sensual Object of his quest.

There should be the will to attain communion with that Absolute Object.

This burning and active desire must express itself by that definite and conscious concentration of the whole self.

This precedes the contemplative state.

Dr. Antony Theodore
The Chariot

I saw a chariot with fiery wings.
It flew and flew from the mighty white skies.

And came to me
the humble victim of cruel humanity.

From the chariot rose the Angel of fire
and called me with a smile

“Come my sweet innocent one
Everything that touches you shall burn you
until you burn eternally.“

Dr. Antony Theodore
The Contemplation Of Our Own Nothingness.

Man's mind is enslaved
by an inexorable concern
with all that is exterior,
 transient, illusiory and trivial.

Thus man is exiled from God
and from his inmost self.

The experience that the world
provides a life of vain hopes,
imprisoned in the illusion
of newness and change
brings us constantly back
to the contemplation of
our own nothingness.

(Graphic: It's Me, Too)

Dr. Antony Theodore
The Conversion From Sense To Spirit

The vitality and the efficiency
of the conversion
from sense to spirit
depends on the vividness
of the apprehension
of the new reality.

The awakened subject is not merely
to perceive transcendent life,
but to participate therein.

In the process, the mind constructs
from the general and ineffable
intuition of reality,
the personal and
imperative concept.

Dr. Antony Theodore
Mystical search is
"the satisfaction of a craving
impelled by the spur of necessity"
(A.E. Waite, Strange Houses of Sleep, P.211).

The soul that craves
to attain fullness of life
for which she was made
is unable to rest
in those symbols of the sensual world
which does not satisfy her.

The cravings of the soul is to lose herself
in 'That' which can neither be seen or touched,
giving herself entirely
to this sovereign Object
without belonging
either to herself or to others.

Dr. Antony Theodore
The Creations Of The Mystic, Artist And The Poet Are Products Of The Love Of God.

The mystic and the artist appears to be inseparably bound together. Both are committed to the passionate search for truth.

The real obsession of a poet's life is the divine search in the context of the real human life.

The Poet's synthesis of mystic graces and aesthetic sensitivity enables a poet to transcend the rational and intuit the whole through the pure aesthetic experience.

The knowledge of the ideal beauty is innate and is known intuitively in intellectual ecstasy.

Dr. Antony Theodore
The Dancer Becomes The Dance.

Forget the dancer.
Kill ego.
Go to the core of ego.
Become humble.
Break the ego.
And then you can
become the dance.

The dancer becomes the dance.
Call it prayer, meditation or
contemplation, whatever.

The dancer becomes the dance.

(Graphic: dance like a bird_zpsirioiox7)

Dr. Antony Theodore
The Death Of Jesus Christ On The Cross Is Historical

The work God does is creative.
God created the heaven and earth,
and all living creatures in it.

He formed Adam and Eve
and all human beings in His image.
God knitted each of us in our mother's womb.
Jesus the Messiah was sent from heaven
to shed his blood till the last drop
on the cross to save us from our sins.

He opened a way for us to be reconciled
to Him and adopted into His family.

God holds all things together.
In order to recognize God's Handwerk,
pray in an active, persistent manner.

Do not lose sight of the Lord.

When we combine these disciplines
with discernment and patience,
we will discover how God is working
in our lives and in our world.

(The death of Jesus Christ is historical.
Proof from NON-CHRISTIAN SOURCES
In regards to non-Christian sources, I mention Josephus (Antiquities18: 3,
writing c.93 AD, citing Jesus' name, the method of crucifixion, and the governor
who ordered it, Pilate) , Tacitus (Annals 15: 44, writing c.115 AD, mentioning
execution under Pilate) , and a bit later, Lucian (b. c.125 AD in The Death of
Peregrine) .) .

THE VERDICT OF MODERN HISTORIANS
John McIntyre, &quot;The Uses of History in Theology&quot;, Studies in World
Christianity 7.1,2001:
Even those scholars and critics who have been moved to depart from almost
everything else within the historical content of Christ's presence on earth have
found it impossible to think away the factuality of the death of Christ. (p.8)
Gerd Ludemann, The Resurrection of Christ: A Historical Inquiry, 2004: Jesus' death as a consequence of crucifixion is indisputable. (p.50)

In The Historical Jesus: The Life of a Mediterranean Jewish Peasant, 1999: [there is not the] slightest doubt about the fact of Jesus' crucifixion under Pontius Pilate. (p.375)

(Graphic: Passion of Jesus Christ Music Video (GREEK) - YouTube by Mel Gibson)

Dr. Antony Theodore
The Deeds That Only God Knows

Quite unknown to other men and women you can do so many things.

There are deeds you can do which are known only to God. Such deeds give tremendous joy for a man or a woman.

That is the secrecy of your heart, a secrecy between you and your God. You get the feeling that God is in you. Such moments are wonderful.

Dr. Antony Theodore
The Delicacy Of Awareness Descend Into Ordinary.

When a poet is affected
by self-importance,
the delicacy of awareness
descend into ordinary.

This departure is destructive.

On the spiritual plane
it is the danger
of losing connection
with the supernatural.

(deidre madsen,
Deidre Madsen's Happily Inner After
List of Top 10+ Supernatural Powers & Abilities Humans Can Develop)

Dr. Antony Theodore
The Desert Experience And The Experience Of God.

The sufferings and the aloneness of the desert must be endured so that he may attain the knowledge and even the experience of the transcendent and inexpressible God.

It is the attention of the whole being which is called to task in the pursuit of the ultimate being.

It is the intimate union with God which a monk seeks for.

By the force of the subdued, instructed, and formed will, the mind is disposed to recollection and attention, and the attention is fixed on God by recalling thought when it wanders or reviving it when it fades away.

The desert experience which an earnest seeker should undergo is the preparation for the experience of God's presence.

Dr. Antony Theodore
The Desire Of The Soul  Towards Its Source.

The Mystic sees Reality as a living and personal object of love.

It is the eager and outgoing activity whose driving power is generous love.

The word love as applied to the mystics is to be understood in its deepest, fullest sense; as the ultimate expression of the self’s most vital tendencies.

Mystical love is the deep-seated desire and tendency of the soul towards its source.

Dr. Antony Theodore
The Divinity Shines In The Birth

The healing presence of the Spirit of God at the core of a human being is like the process of a birth.

In this birth, the divinity shines so well in the depths of the being that it will become visible in the person who experiences it.

(Graphic: )

Dr. Antony Theodore
The love of God is universal
but also specific.

We are drawn into the story
of God’s determination
to bless humanity.

We are pilgrims here on the earth.
Our real home is heaven.

The earth is crammed with heaven.
because we are heavenly beings
living here on the earth
only for a specific time.

Dr. Antony Theodore
The Emergence Of The Transcendental Sense

The spiritual sense
lies below the threshold
of consciousness.
The mystics know it.

The spiritual history
means the emergence
of the transcendental sense
from within and its capture
of the field of consciousness
to open those paths to facilitate
the inflow of a larger spiritual life.

This will lead to the perception of a higher reality.

Dr. Antony Theodore
The Evil Of Triumphalism.

Beyond the boundaries
of race, nation and faith
does God’s care extend
to the hearts of all who live.

May the walls which raises
prejudice between us,
crumble beneath
the shadow of your
outstretched arm O God.

The evil of triumphalism
strained religions
for centuries, brought
hatred and death,
cruelty and shame.

Beauty, truth and riches
of every religion
accepted in humility
will save humanity.

Seek God.
Do good.
Love and take care of the poor.

May the peoples praise you, O God,
May all the peoples praise you.

Dr. Antony Theodore
The Experience Of The Presence Of The Divine Beauty

The awakening of the self
to the consciousness of divine reality
is marked by intense feelings
of joy and exaltation.

In the experience of the presence
of the Divine Beauty,
the Self comes to the realization
of its own imperfection and the
manifold illusions in which it is immersed.

The state of purgation is of pain and effort.
Self takes to this way by discipline and mortification.

Dr. Antony Theodore
Mystical union is the experience of the unmediated apprehension of God in His essence which God chooses to give to an ardent mystical seeker.

Christian mystics hold Christ as the fountainhead of the new creation, as the chief agent of reconciliation and recapitualation.

There is a natural affinity of christian mysticism and Eastern mysticism.

The mystical seeker experiences in himself an increased sense of intellectual and spiritual freedom going beyond the ideas of orthodox thinking.

In eastern thought, there is a perception of reality that penetrates the illusionary World of western materialism.

God's essence provides for the core of human being whether in eastern or western mysticism.

Dr. Antony Theodore
The Experience Of True Romance.

Intensity of bliss
is the experience of true romance.

Such experience of bliss is not a feeling.
It is a state of being.

It is a revolution
in the depths of the being
when romance dawns.

(This was published in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
The Face Of The Poor Is The Face Of God.

What we cherish in our hearts
and declare with the mouth
must be fulfilled in deeds.

As long as one child falls
asleep hungry at night,
my stomach should hurt.

When an elderly cannot bear heat
and have great fears over tomorrow
there should be a chill in my bones.

When a poor woman sits with a child
and begs on the streets for a bit of food
I should feel her pain and care for her.

The face of the poor is the face of God.

Dr. Antony Theodore
The Father Of The Donkey

In a small city, there occurred a serious car accident. So many people gathered around.

A journalist wanted to go in closer to make some photos. He could not because of the crowd.

So he called out from behind „I am the father of the injured. Please let me in“.

The crowd moved and the journalist went in only to find out, the injured in the accident was a donkey.

Dr. Antony Theodore
The Flower Seeds That Bloom Only In The Warmth Of Love.

There is in the depths of the human soul a glowing fire of love.

There are also flower seeds which can bloom only in the warmth of the fire of love.

Do you call it romance? Do you call it love? Do you call it the flight of the willing spirit of love?

(Graphic: Poems For Boyfriend
You're The Reason I Smile)

Dr. Antony Theodore
The Force Of Truth Will Dazzle Our Eyes

Without caring for
and perceiving
the creative wisdom of God,
the Almighty One,

we turn to the nature
of the human mind.

But the false opinion
that we hold concerning
spiritual things
will not permit us
to discern the truth.

Yet the force of truth
itself will dazzle our eyes.

Dr. Antony Theodore
The Free Divine Germ In Man

There is a mutual attraction between
the spark of the soul,
the free divine germ in man
and the fount from which it came forth.

The homeward journey of man's spirit
Is due to the push of a divine life within
and the pull of the eternal divine.

The spiritual pilgrim goes
because he is called,
he wants to go, must go
if he is to find rest and peace.

(Graphic: Gabrielle Roth - Maps to Ecstasy)

Dr. Antony Theodore
The Fulfillment Is In And Through 'the Divine'.

There is no real fulfillment of man's true vocation in the order of nature.

With God alone can he reach the levels of greatness.

It is in and through 'The Divine' one reaches the real fulfillment.

Dr. Antony Theodore
The Gift

Let me be free,
free from my own fissures.
A heart full of love
is a rare gift of God.

Dr. Antony Theodore
The Gift I Ask From God.

Tender caring hands  
Sweet soft eyes  
A heart that understands  
Filled with a love that never ends  
Seeing only the good;  
Joy that wells up in the heart  
That is the gift  
That I ask from my God.

Dr. Antony Theodore
The God Who Is Love, Is Also The Lord Of History.

The process of the divinization is the life in the spirit that makes a man, a child of God and leads him to a permanent newness of life.

The God who is love is also the Lord of history.

We submit our freedom to the ultimate freedom and Spirit of God in love.

Human history should culminate in an apparition, manifestation and revelation of God in man.

Dr. Antony Theodore
The Golden Calves

Strike down the golden calves
and offer it to the fire
so that you may be born anew
into a world of freedom
for which your heart craves for.

Dr. Antony Theodore
The Heart Center Reveals Itself Slowly.

In meditation
the heart center
reveals itself slowly
as it really is: in peace,
in subtle light and in silence
which calms your whole body.

Then the mind is full of joy.

Then we Live from
the center of the spirit.

Dr. Antony Theodore
The Heart Centre Reveals Itself Slowly.

In meditation
the heart centre will slowly reveal itself
as it really is: in peace, subtle light and silence
which calms your whole body.

Then the mind is full of joy.

Then we Live from the centre of the spirit.

(This was published in Micropoet under the name of my beloved mother
Genova Maaa who passed away at the young age of 38. I published for a long
time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
The Heart Goes Into The Unknown

It is human experience that in our moments of deep emotion, we plunge deeper into the reality of things than we can hope to do in hours of the most brilliant arguments.

Passion rouses not merely the mind, but the whole vitality of man and woman.

The heart, eager and restless, can go out into the unknown freely than the intellect.

Dr. Antony Theodore
The Hidden Contemplatives.

Monastic silence and solitude
are not necessary prerequisites
for this experience.
Many serve God
with great purity of soul
and perfect self-sacrifice
in the active life.

They are able to live
in God's presence
by devoting themselves
to Him in self-sacrificing work
for the needy, the poor and the sick.

They are the hidden contemplatives.

Dr. Antony Theodore
The Homeward Journey Of Man's Spirit

The spark of the soul is the true
divine germ in man.

It is the fount from which it came forth.

The homeward journey,
of man's spirit is due to the push
of a divine life within
answering to the pull
of the divine life without.

Morality leads to the frontiers
of the Absolute and even
gives it an impulsion to enter
into the abode of the presence of God.

Dr. Antony Theodore
The Hound Of Heaven (The Reality's Quest Of The Unwilling Self).

In The Hound of Heaven, Francis Thomson described with an almost terrible power, not the self's quest of adored Reality, but Reality's quest of the unwilling self. He shows to us the remorseless, tireless seeking and following of the soul by the Divine Life to which it will not surrender: the inexorable onward sweep of 'this tremendous lover' hunting the separated Spirit, 'strange, piteous, futile thing' that flees Him 'down the nights and down the days'.

This idea of the love chase, of the Spirit rushing in terror from the overpowering presence of God, but followed, sought, conquered in the end, is common to all the medieval mystics.

Dr. Antony Theodore
The Human Faculties Are Elevated To A Divine Level

Humanity is possible only when the new man comes into being. The process of mystical transformation is a process of diffusion of the love of God in one's being.

The human faculties are elevated to a divine level when the Spirit of God infuses the love of God uniting the new being with the essence of God.

The transforming power of God influences man and he is dependent on this power to be really human.

Dr. Antony Theodore
The Hunger Of Heart And Intellect

The mystic is in love with the Absolute not in any idle or sentimental manner, but in that deep and vital sense which presses forward at all costs and through all dangers towards union with the object loved.

The desire of love and the desire of knowledge correspond to the two eternal passions of the self, representing the hunger of heart and intellect for ultimate truth.

Dr. Antony Theodore
The Immortal Spark

There is an immortal spark
of the eternal fire in a mystic.

So he is implicitly a child of the Infinite.

This immortal spark
should be brought
to the conscious field,
by healthy discipline
out of its hiding place
deep down in the centre of man.

Then make it the dominant
element in the personality.

Dr. Antony Theodore
The Incarnation Of The Genius Of Rhythm.

Poetry uses form to reveal and heighten a segment of human experience that gives meaning to a wide range of experiences.

Such art may be thought of as the incarnation of the genius of rhythm manifesting the living spirit of things with a clearer beauty and intense power.

Poetry is a record of experience.

The poet sets out to communicate something that transcends fact or opinion.

An obscure intuition is expressed by a combination of words and structures.

Dr. Antony Theodore
The Inexpressible Mysterious Presence Of God.

The primary material of mystical experience is the subconscious spiritual perceptions.

When the self is established in the field of consciousness away from the mundane world, he is exalted to the higher levels.

There he may experience the inexpressible mysterious presence of God.

Dr. Antony Theodore
The Infinite Wheel.

Each of us is a spoke in an infinite wheel.

Though each spoke is essential in keeping the wheel whole no spokes are the same.

The rim of the wheel is our living sense of community, family, relationship.

But the common hub where all the spokes join is the one center in the infinite wheel where all souls meet.

I am unique and I live out my uniqueness. But when I dare to look into my core, I see the one common center where all lives begin.

Dr. Antony Theodore
The Innate Mystical Sense Of The Poets

Poets intuitively recognize
the suggestive qualities
of the symbols
and their links with truth.

They borrow and adapt them
in translating reality into terms
of rhythm and speech.

But they owe their origin to
that mystical sense
that is innate in all true poets.

Dr. Antony Theodore
The Inner Cave In Me.

There is an inner cave in you and me.
In this inner cave lives the "Real I".
Our body is only a good cover.
Deep inside the being lives the Real I.

Only the Real I in me can contact God.
God contacts this Real I in me.

Often we don't feel that the Real I exist.
In our thoughts, we are everywhere
and not in the reality of our being.

Come to peace.
Come to Rest.
Sit in prayer.
Go deep into you.
There in the inner peace
you will meet with the Real I.

(May God give all the poets of Poem Hunter
this rare gift of inner peace and rest
to remain in contact with the Real I
in the inner cave of the being.)
(Graphic: Fire Caves II - concept by ANTIFAN-REAL on DeviantArt)

Dr. Antony Theodore
The Inner Eye And The Inner Flame

When the inner light in us
bursts into flames
we know who we are really.

When the inner eye is opened
we see ourselves
and the world differently

(Mushrooms Painting - What The Inner Eye Sees. by Natasha Robinson)

Dr. Antony Theodore
The Inner Wasteland

The inner wasteland
is cared for
by God alone.

A poet should learn
to love God
in the wilderness
and then, the poet
can always look back
upon the time
in the inner desert
as the idyllic
time of his life
with God alone.

Graphic: Egypt, Sinai desert, sunset Stock Photo: 6789321 - Alamy
Alamy Stock photo)

Dr. Antony Theodore
The Innermost Space Of Silence.

Only when my whole being is silent,
God will enter the depth of my being.
God will be born in me
in the innermost space of silence.

I begin to perceive and sense
the presence of God
in my secret inner cave
in the deep silence.

In silence I descend in my own inner depths.

The way into the depths goes
through the night of my darkness,
through the night of my fear,
through the night of my loneliness and solitude.

There I incline myself
and lean towards
the ground of my soul.

God's divine birth in me
happens in benevolent silence.

Dr. Antony Theodore
The Instinctive Desire to Know The Truth

Man's nature disposes him above all to seek peace in the contemplation and love of the highest Truth.

All men are born with an instinctive desire to know the Truth and an instinctive desire for the supreme happiness which is the vision of God in heaven.

Dr. Antony Theodore
The Intellect must Be Enlightened By God’s Light

We all love peace
and in vice, we hate
discord, and we note
that there is unity
in the one and
division in the other.

It seems to us
that the rational mind
should understand first
the nature of truth,
and the nature
of the highest good
lay in that unity.

We do not know first,
that the intellect
must be enlightened
by another light
to be immersed
in the truth,
to experience
the essence of truth.

God Almighty,
please light my lamp.

Enlighten my darkness.
Then shall I receive
from your fullness.

Dr. Antony Theodore
The Invisible Self Present In Me

It is clear to me now,
the purest endeavor,
the deeds that i accomplished
can be covered by a thick layer of darkness.

Only when i grow in the
Invisible Self
present in me, shall i fall into
the liquid sunshine devouring my darkness.

Then shall the universal light
reach my wounded core;

Only then shall i sense the healing rays.

Dr. Antony Theodore
The Invisible Threads That Tie Us To The World

Enter into your inner cave and you will feel that the world disappears.

When all else is forgotten, you will begin to know God.

We are all tied to the world by invisible threads of mental activity.

In deep silence, you will begin to lose more of these threads.

It is the first step to know God. These moments will fill you with true joy.

Dr. Antony Theodore
The Journey ' In ' God.

Only when the journey to God is completed begins the ‘Journey in God’.

This is the essence of Eternal Life.
It can have no end.

But none who attained the End ever came back to describe their adventurous journey.

So no one knows the length of the way and the intense beauty of the experience of the journey in the Almighty God.

For sure it is a journey in beauty in light in peace in love.

Dr. Antony Theodore
The Journey Of My Soul Has Begun.

The journey of my soul has begun.
My cup overflows.

My lyre plays in the silence of the night.
My flute has melodies unheard.

My spirit grows closer to God.

The lamp of glory burns in me
in the deepest caverns of my soul.

Watch me! !
I am going with feathery steps
to the world of the Saints.

(I want to welcome death. I am not at all afraid to die.
My greatest consolation is my faith in an after-life
in the world of God
where my cup will continue to overflow.
Look the journey of my soul has begun.)

Dr. Antony Theodore
The King Led Me Into Light.

Clothed in fire and flame
sharing His splendour
He came, the Adorable.

Anguished and alone
i stood singing His praises
with a burning soul.
- -

The King's eternal gates
opened for me.

The King led me into light.

Dr. Antony Theodore
The Law Of The Unconscious

There is a law in the unconscious
that whatever you avoid
will come back
and the more you avoid it,
the more it comes back.

So do not resist an emotion.
The best way to conquer it,
is to enter it fully,
embrace it,
and see through your resistance.

Dr. Antony Theodore
The Life Of Every Man Is A Mystery Ofsolitude And Communion.

Private prayers evoke a sense
of the potential oneness
of God's love, solitude, and society.

We have to share this solitude
of the heart that we receive in prayer.

The life of every man is a mystery
of solitude and communion.

Solitude is experienced in the secrecy
of his own soul where a seeker
is alone with God.

He communicates his experience with others
who share the same nature.

A seeker who has experienced it
can reproduce this solitude in others.
It happens in love and communion.

There, he experiences others as
his own other selves.
So a Hindu mystic would say:
God is present in everyone and
in everything in the created nature.

All the human beings are
God's 'other selves'
isolated from him and yet one with him.

Only those who love the solitude
with God and in God can
experience this joy of oneness.

Dr. Antony Theodore
The Light Of The Dance

There was a temple in the midst of the desert.
In the midst of the night
danced there the Angel of love.

The light of the dance
pierced the soul of darkness
and in the songs of the angel
danced the darkness
and gave way to the light of love
and it was dawn.

Dr. Antony Theodore
The Little Angel Strolled In Beauty,

Mellowed to that tender light
the little angel strolled in beauty,
on starry skies
cloudless climes,
on elysian fields,
the realm of beauty.

I felt the nameless grace on her face,
softly lightens her little eyes,
serene expression of delight,
love and surprise.

The angel of the Lord
took the wings of a beautiful butterfly
came to her sweet dwelling place,
serene, pure and full of grace.

On that cheek and over that brow
the angel kissed.
It is goodness pure
peace and beauty,
a heart so full of innocent love.

Dr. Antony Theodore
The Little Fairy

The little fairy
Who fills my very essence
Sits in my depths and smiles.

I know within my heart
An inner spark that glows
Tries to spread and kindles
My whole being.

The little fairy rings the bells of my heart
And calls me for a venerable adoration.
I shall adore till the morning cock crows.

Dr. Antony Theodore
The Lover Of God Recognizes

In religion,
in pain,
in beauty,
in the ecstasy
of artistic satisfaction
and in many other things
that the Consciousness perceive,

the lover of God
recognizes at any rate
the fringe of the Real.

Dr. Antony Theodore
The Loving Cat And The Fried Fish

The cat and the fried fish

My mother cooks well.
She fried fish with different spices.
The smell of it filled the whole house.
Mummy kept the fried fish
on the kitchen table and went.

The cat smelled and came.
The cat came and saw,
sprang on to the kitchen table.

Suddenly God commanded
Do not touch it! ! !

Again the cat sprang
God commanded
Do not touch it! ! !

The cat could not resist
and reached the fried fish.
It was so tempting
and God commanded.
Do not eat the fried fish! ! !

The cat paused,
thought,
listened,
kept his tail down,
the head bowed,
stepped back.

In a decisive moment
the cat turned back
and went away pensive.

Being at peace now
the cat began to sing  Miaaaaawoooo
The angels heard it 
and the heavenly choir began singing 
in pleasant and varied notes:

Miahhaaa woooo Miaaaaa woooo, 
Miahhhhaaa woooo 

The cat and God smiled.

'I say unto you, that likewise joy shall be in heaven over one sinner that repenteth, more than over ninety and nine just persons, which need no repentance' The Holy Bible (Luke 15: 7).

(When we have sexual temptations, God tells us 'Do not touch'. Would you become then the CAT in my poem?)

Dr. Antony Theodore
The Magnetic Pull Of The Soul.

' come to me, even if you have broken your vows a thousand times (Rumi) '.
Soul and God, greatest of all mysteries.

'Time' does not count at the level of the soul.
No one makes the soul journey faster or slower.
What counts is perception.

When the perception comes
awakening is inevitable.
The magnetic pull of the soul
will keep changing you.

Published on October 07, 2010 in Poetfreak under the name Genovamaaa.
Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
The Mastery Of Self.

A mystic seeks no kind of mastery except the mastery of self.

He seeks no kind of knowledge except the intuitive knowledge of God at the depths of his being.

All else is superfluous.

The life of prayer establishes contact with the source of all life, the only source of authentic peace.

The mystic yearns to be totally free and to be totally free he must be delivered from his own self.

Dr. Antony Theodore
The Melodies Of Your Flute

O sweetheart
the melodies of your flute
have stolen my heart.

When your tunes reached my ears
I lost consciousness.
I felt i lost my body.

Was i in a trance? ?

I saw my God
playing melodious Ragas
of sweet romance.

On my bed i was mesmerized
and transfixed.

(Graphic: September melodies )

Dr. Antony Theodore
The Modern Civilisation Is A World Of Illusion

A man of the spirit views contemporary decadence as a complex problem.

The modern civilization that man had constructed is a world of illusion that oppresses man's Spiritual nature.

It stifles the innate longing for the ultimate reality.

The modern city represents the mass that denies man the true identity and enslaves him in the pseudocorporateness of modern civilization.

In the century of man's greatest technological achievements man no longer needs God.

He builds there his fantastic protected cities of withdrawal and experimentation and vice.

The glittering towns that spring up overnight are no longer images of the City of God, coming down from heaven to enlighten the world with the vision of peace.

They are brilliant and sordid smiles of the devil, cities through whose veins money runs like artificial blood that leads to greater destruction.
(Graphic: Camera Obscura and World of Illusions - Edinburgh (Scotland
Camera Obscura and World of Illusions

Dr. Antony Theodore
The Momentary Experience Of Being One With Everything

Do you feel one
with the earth
with the sky
with everyone?

Do you feel ecstatic

and free in that state of mind?

This feeling passes.
It is momentary.

But it haunts you a lifetime.

Dr. Antony Theodore
The More We Refuse Mystery

The more we refuse mystery
The more we feel responsible for our failings.

The sense of the wrong we did
is a constant distraction
to commit ourselves
in the mystery of the present moment.

Do not turn your back to the mystery.

Mystery is real.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. I published for a long time under this second name. I write to keep her memory alive as long as I live)

Dr. Antony Theodore
The Morning Rays

The morning rays travel
call the way from the heavens
to bring me light, joy and peace.

I love to bathe in this light
which cleans my inner recess.
I belong to God and God is within
me, in my heart, loving me.

(Graphic: Prabhat save to Pics. Zen Pinterest)

Dr. Antony Theodore
The Mysterious Cycle Of Life.

The mysterious cycle of life.

Observe the nature carefully.
Wonder about the mysterious cycle of life, death, sufferings, deprivation and poverty.

The grain of wheat falls and dies to produce an abundance of new life which transcends itself in both quality and quantity.

Think of the metamorphosis, the post-embryonic change in form of an animal as when the larva of an insect becomes a pupa and a tadpole changes into a frog.

Metamorphosis is mysterious development of life.

We go through the mystery of death. In faith we know that death is a metamorphosis and it will result in a glorious life in heaven.

Dr. Antony Theodore
The Mystic And The Lover

The mystic’s outlook, indeed, is the lover’s outlook.

It has the same element of wildness, the same quality of selfless and quixotic devotion, the same combination of rapture and humility.

The mystic and lover, upon different planes, are alike responding to the call of the Spirit of life.

Dr. Antony Theodore
The Mystic Envisions A Spiritual Universe.

Our natural will is to have God.
The God of love wants to have us.

We may never cease from longing
till we have Him in the fullness of joy.
Held tight within The bonds of love,
the mystic envisions a spiritual universe.
(Graphic: The Fullness of Joy - First15
First15)

Dr. Antony Theodore
The Mystic Finds Himself in God's Truth

The infinite absolute cannot be grasped or bound by human intelligence.

In a mystical experience, the division between subject and object disappears. One does not look at God as an object and one does not look at oneself as an object.

The man who knows God in the full biblical and mystical sense loses interest in divine or self-objectification.

The mystic seeks to gain a direct existential grasp, a personal experience of the deepest truths of life and faith, finding oneself in God's truth.

Dr. Antony Theodore
The Mystic Way.

A true poet is a mystic.
The mystic is on his journey.

His outgoing quest is expressed
in the symbol of a pilgrimage
and it appears in mystical literature
under two different aspects.

One symbol is the search for the hidden treasure
which desires to be found
and the other is a long hard journey
towards a known and definite goal.

(Dante’s Divine Comedy is considered as a faithful
and detailed description of the Mystic Way).

O Poets! come!
Shall we journey together
and accept this mystical way
to attain the goal of our lives?

Dr. Antony Theodore
The Mystic-Poet-Prophet

Poet is a prophet

He is the one who utters
and announces news
about man's own
deepest trouble.

It is a manifestation
of existential tension
between 'what is'
and 'what ought to be'
or between the
'false' and the 'true'.

The mystic-poet-prophet
cries in the wilderness
to a doomed world.

Dr. Antony Theodore
The Old Sinful Nature Should Die.

Almighty God calls us for a lifetime of continuing conversion, turning away from self, with the intention of consecrating the rest of the life for God.

The subduing of the passions and the control of the senses are not intended as punishment or rejection of the natural order.

It is the death of the old for the sake of giving birth to the new.

Dr. Antony Theodore
The One Who Has No Form.

My spirit becomes aware
of all the heights and depths.

i am in the realm of bliss,
i seek the one who has no form
submitting my will and thought.

i see the nature's dance.
so i seek the eternal dancer
from whom the dance of all beings began.
In God alone shall all our dance end.

Cross the secret ways of life and love.
Seek the goal of the ultimate reality.
In God alone shall we rest in joy immense.

(The use of the small 'i' is intentional).

Dr. Antony Theodore
The Owner Of My Heart

The lover of my soul
took me to the rainbow.
He painted my body all over
with the shining colours of the rainbow.
Then he hugged me so intimately,
looked into my eyes
and kissed me.

I love you, the owner of my heart,
my unseen lover.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time under this second name. I write to keep her memory alive as long as I live.)

Dr. Antony Theodore
The Passion Of The Mystic

The language of the mystics
with which they try to describe
the splendours of their love,
forces upon the unprejudiced reader,
the conviction that they are dealing
with an ardour far more burning
for an object far more real.

St. John of the Cross's finite passions
are but the feeble images
of his infinite one.

Only this mystic passion
can lead us from our prison.

The desire of knowledge
may enlarge one's vision
and help one to get out of the prison,
but it can never unlock the doors.

Dr. Antony Theodore
It is faith that informs and energizes human intelligence.

Only the experience of God can evoke commitment.

The perception of the divine reality is beyond man's ability.

Intuitively in faith, every man has the ontological ability to grasp God.

All man can do is to open himself to the illumination of God who is known only as He chooses to be known.

The soul may have intercourse with God only in the darkness and obscurity of a blind and naked faith.

Dr. Antony Theodore
The Permanent Climate Of Divine Kindness

The permanent climate of divine kindness
is expressive in the experience of beauty
and in any good beyond ourselves.

World is overflowing with God's grace:
where the sun shines on the good and bad,
where birds gather seeds freely
without ploughing or harvesting;
where untended wild flowers
burst into bloom on rocky hills.

God is essentially a God of grace,
of loving and caring compassion.

God understands our fears.
God persistently seeks access
to our hearts and wants to take abode.

Dr. Antony Theodore
The Poet Constructs Myths.

The poet constructs myths that portray the fundamental problems of the inner man.

The poet translates abstractions according to the distinctive modality for free formation into representative Symbols.

Inner experiences are depicted in relation to life.

Artist and priest, both try to weave together the segments of human experience that flow through the consciousness.

Dr. Antony Theodore
The Poet In The Desert And On The Mount.

Solitude spiritualizes the whole man, transforms him, body and soul from a carnal to a spiritual being.

The desert is the door to heaven. Your frail soul shall experience the miracle! The Almighty shall murmur in your soul.

Climb the safe mountain. On the top of the mount all alone with the Almighty, you shall converse with him in indescribable joy.

The Poet's commitment to the absolute is affirmed on the mount and in the desert.

Dr. Antony Theodore
The Poet's Journey Inward Has A Destination

The journey inward has a destination beyond personal identity.

The poet mystic enters into himself to pass through the center of his own soul to lose himself in the mystery and secrecy and infinite transcendent reality of God living and working within him.

Our identity lies in the discovery of the ground of being.

(The Journey Inward)

Dr. Antony Theodore
The Poor Are Merciful

Kindness has such a beauty
that touches the core of the soul.

God loves the poor
While the poor are merciful.

The act of kindness takes one
to the threshold of heaven.

Remaining on the waters of the earth
they take you to the rivers of heaven.

Dr. Antony Theodore
The Present Moment.

Your own resolution to succeed
is more important than anything else.
Either I will find a way, or I will make one.

Execute the resolutions now.
The present moment is the most important.
Be bold and strong.
Believe in the power of the Almighty.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
The Primordial Rhythm Of Divinity Within The Heart.

It is the dance,
the primordial rhythm
of divinity within the heart.

The dancer forgets herself.
She is one with the divine.

oh! ! ! how lofty and noble
are these moments of dancing.

(Graphic: Grace Reed saved to Dancing through life.)

Dr. Antony Theodore
The Propensity Towards Wholeness.

I am aware of mylight
In this material world.

I have forged a perfect link
between the mundane
and the supernatural.

In my spiritual endeavors
I find propensity towards wholeness.

Look beyond what your eyes can see.
Look beyond all the illusions of the world.

Life is beautiful in its wholeness.
Creation is perfection.
See how wonderful you are.

(Graphic: Inner Joy stock image. Image of white, smile, people, happiness - 899623)

Dr. Antony Theodore
The Pure Self In Me

To accept myself as I am is my quest.

The Pure Self in me
is beautiful.

The inner light is in my pure Self.

When I become aware of it
my confidence grows.
I allow it to shine brighter and brighter
by listening to the murmurings of God.

Dr. Antony Theodore
The Purifying Process And Surrender Of A Mystic

The purifying process extends itself
to the very centre of I-hood, the will.
This is the spiritual crucifixion
so often described by the mystics.
It is the great desolation in which
the soul seems abandoned by the Divine.
The Self now surrenders itself,
its individuality and its will completely.

Dr. Antony Theodore
The Rain And Silence

I listened to the rain
and became still.

Let my silence come to word.

Listen and listen.

Words born out of silence
will pierce the soul.

Dr. Antony Theodore
The Roots Hug And Kiss

The roots of the earth
hug and kiss secretly
and the sand is happy to see
those secret hugs and kisses.

The desire for a secret romance
wells up in their hearts
and the sand around the roots
begin to hug.
They are busy now
hugging and kissing
in royal romance.

The poet saw it,
was tickled and smiled.

(BBC - Earth - Why some trees evolved to live underground
BBC)

Dr. Antony Theodore
The Rose Fell In Love With The Dawn

The rose once grew
and fell in love
with the morning rays
of the glorious sun.

Waiting through the whole night
she danced in joy
when the morning
gave birth to the dawn.

Mildest and the sweetest are the first rays.

Rose kissed the first rays
and wished to plunge deep
into the mild light
of the rays she so loved.

When the evening came,
the sun broke into colors unimaginable
on the horizon
to vanish in the sea.

The rose cried.
Fell into depressive sadness.

The new dawn will come.

Live in expecting hope.

Wait for the new birth of the dawn
with all its wonderful
rays of light.

Wait for the dawn.
Do not weep.

Dr. Antony Theodore
The Sacred Alliance.

The sacred alliance.

Connect on a deeper level. 
Behind the facades hides 
the essential beauty 
of the individual nature. 
Connect on this deeper level.

That is the sacred alliance. 
It is the soul connection. 
It inspires us to expand 
and to confront all that 
might stand on the way.

(Graphic: LunaSol ????? saved to love is transcendent)

Dr. Antony Theodore
The Sacred At The Heart Of The Reality.

Every morning when i wake up
everything is born again.
It is the astounding grace-filled
world of color, shape and texture.

Every morning with its beauty
is a pure gift of God to me.

I thank the Almighty
for this amazing day,
for the nature,
for the sense of the infinite.

I gaze and see anew.
I open the eyes of my heart
and the eyes of my memory.

We see beyond and beneath.

In the whole panorama
of goodness and beauty
we recognize The sacred
at the heart of the reality.

Dr. Antony Theodore
The Sailor's Parrot Began To Cough.

A mariner had a sweet parrot.  
He used to smoke cigars  
and liked to pump out white smoke.  
He enjoyed smoking.

One fine morning  
the parrot began to cough.  
Coughing became severe.

So the captain took it  
to the Veterinary doctor.

The doctor tested it:  
„Your parrot does not suffer from  
psittacosis or pulmonary inflammation.

It is only imitating your cough;.

Self-discovery.

Dr. Antony Theodore
The Seed Had To Fall

The seed had to fall on the ground
germinate, grow, to become a tree.

So I have to fall to the ground
in utter humility
so that the bud of my heart
may bloom into a wild flower
with the scent of the orient.

Dr. Antony Theodore
The Seeds Of Love.

We all have the seeds of love in us. 
When the negative thoughts 
and feelings creep in, 
stop it at once consciously.

Live in love. 
Let the seeds of love bloom. 
Permanent joy will be on your face.

(Pub. In PH On 08.10.2015)

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. Published for a long time under this second name. I write to keep her memory alive as long as I live.

Dr. Antony Theodore
The Sense Of Helplessness And The Dark Night.

The clearer and more manifest
are Divine things in themselves,
the darker and more hidden are they
to the soul naturally;
just as the clearer is the light,
the more it blinds and darkens the eye.

The more directly we look at the sun,
the greater is the darkness
which it causes in our
visual faculty, overcoming
and overwhelming us.

In a deep spiritual experience,
it appears that the Self
is in the dark, because
it is blinded by a Light
greater than it can bear.

Dr. Antony Theodore
The Shadow Of Evil

The shadow of evil
stalks behind goodness
to the last moment.

Only when goodness
is totally absorbed
into God's harmony
does the threat of evil
end once for all.

Dr. Antony Theodore
The Sinner Hugs Wrath And Anger Tight.

The sinner hugs Wrath and anger tight.
Does not know how it destroys him.
The vengeful will have no peace.

Forgive the injustice of your friend.
Pray for those who offend you.
In anger if you live
Can God ever forgive you?

Forgiveness liberates the soul.
It removes fear.
So it becomes a powerful weapon.

Remember your last days.
Set enmity aside.
Remember death and decay.
Cease from sin.
Overlook faults.
Do not hate.
Remember God is watching you.

Dr. Antony Theodore
The Song Of Solomon And The Mystics.

The sense of insatiable desire, the sense of intense and inward personal relationship; so intense that it could only be compared with the closest link of human love, those deepest, most intimate secrets of communion - all these are suggested and symbolised in the poetry of 'The Song of Solomon' honouring that passion through which the human being is drawn to the Divine. The great saints took this symbolism, adopted and elaborated it to express their pure and ardent passion for The Absolute. They were essentially pure of heart and they knew by experience the unique nature of spiritual love and they thought that no one can express anything of that pure love of God better than through the symbolism of human love and consummation.

(Graphic: Song Of Solomon Pinterest - PinsDaddy)

Dr. Antony Theodore
The Songbird Sang

I wrote in pain
The songs of joy.

The songbird sang my songs
And I cried.
But they were tears of joy.

Dr. Antony Theodore
The Soul Is Plunged Into God

The highest power in man is love.
It breaks into God leading the soul
with all her powers and understanding
into God and unites her with God.

The soul is plunged into God
and is in the divine nature
receiving the divine life therein.

God keeps on creating man
in the image of love
out of his love for man.

Dr. Antony Theodore
The Soul Is So Infinite That Nothing Satisfies It.

The personality of a man or a woman
is a far deeper and more mysterious thing
than the sum of his conscious feeling,
thought and will.

There is an invisible root in you
from where all the spiritual faculties
generate as lines from a centre,
or as sparks from the fire.

This is your own unknown depth.

This depth is called the centre,
the fund, or bottom of the soul.

This depth is unity in itself.
It is the experience of the infinity of the soul.

The soul is so infinite
that nothing can satisfy it.

Dr. Antony Theodore
The Soul, Time And Eternity.

Since God is a spirit,
the least thing that is spirit
is nobler than all material things.

The soul is created
as if at a point between time and eternity,
which touches both.

With the higher powers
she touches eternity.

With the lower powers
she touches time.

Thus, she works in time
not according to time
but according to eternity.

(A discussion can arise whether one can speak of higher powers and lower powers of the soul. This is written only to express the relation between time and eternity. Whenever we write about the soul, we are always trying to express something which is inexpressible in words. Words are not enough to express anything about God and the Soul. That is the human limitation). Also the Soul is described as She here just because of the absence of a good pronoun. Again the limitation of human language.

Dr. Antony Theodore
The Sounds Of Silence And My Prayer.

Kneeling in the sands of Sinai
i cried out loud to my God.
Enjoying the sounds of silence
angles of heaven were around me.

The lifted hands in the midnight
are seen by my God i am sure.

My God is the God of all religions.
My God is the God beyond all religions.

I prayed:God unite all religions.
Help us not to be fanatics.
We kill others for the truth
that we hold to be true.

Truth is beyond all human conceptions.
God, you alone are the truth, the One God.

At night, immersed in meditation
i cry and call you, come to me,
give me a divine experience

(recalling an experience in the desert of Sinai)
(Graphic: )

Dr. Antony Theodore
The Spark Of The Soul.

There is a mutual attraction
between the Spark of the Soul,
the free divine gem in man
and the Fount
from which it came forth.

The homeward journey of man’s spirit
is due to the push of a divine life within.

The pilgrim’s travelling self
is fulfilling a destiny,
a law of the transcendental life,
obeying an imperative need.

Dr. Antony Theodore
The Spark Of The True Being

The Divine Union
is man’s true end
and the spirit of man
is essentially divine.

It is capable of communion with the Almighty One.

There is the spark
of the True Being
and the eternal love
in everyone.

A true spiritual being
gets this grace to experience it.

Dr. Antony Theodore
The Spirit And Sensations

The spirit lies beneath
the layers of sensations.

Cleanse all that obscures the Spirit.

Purify the doors of perception.

Then you will find
the centre in your own body
where spirit and love meet.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
The Spirit Sings

The lamp of glory burns in my soul
and does my songs inspire,
when the angels’ tongues sing words of love
dancing around the flame of glory.
My ears are winged
Feet seem haunted
The spirit sings
In a joy, holy and pure.

Dr. Antony Theodore
The Spiritual Pilgrim Is Impelled.

The spiritual pilgrim goes because he is called.

He or she is impelled.

Oil poured out beneath water is raised up above the water. Water poured on top of oil sinks down beneath the oil.

Fire tends upwards; a stone downwards.

They are impelled.

The spiritual Pilgrim must go if he is to find rest and peace.

He or she is impelled.

Dr. Antony Theodore
The Spiritual Way

(To be in alliance with God, you should become a partner with specific beliefs in
the spiritual horizon).

Recognize,
You are at the centre of the creative process.
All your thoughts have consequences,
even the minute ones.

Accept responsibility for all that you do.

Identify yourself with a larger self of the Almighty
than the one here and now
in this limited physical body.

Dr. Antony Theodore
The Story Of Immacule'e Ilibagiza And The Pillar Of Light.

During the Rwandan genocide in 1994, she and seven other women were forced to hide and huddle silently together in a cramped bathroom two feet by four feet. It was horrendous experience of helplessness. They were vulnerable. But they trusted that God was so close to them. Her faith in God sustained her. It was a faith that felt the light when the night was so dark.

Immacule'e wrote: "I literally felt the fear pumping through my veins, and my blood was on fire. I struggled to form an image of God in my mind. I imagined two pillars of brilliant white light burning in front of me like two giant legs. I wrapped my arms around the legs, like a frightened child clinging to her mother. I begged God to fill me with his light and strength, to cast out the dark energy from my heart. I am holding to you my God, and I do not doubt that you can save me. I will not let go of you until you send the killers away. She became the hope of her six companions. She became a source of light in her tremendous faith in God and the killers went away.

Dr. Antony Theodore
Ted Shawn was a young divinity student who was stricken with polio. He was terribly depressed and was in tears. One night sitting in room, he heard a voice from somewhere deep within him: "Ted stand up and dance and dance and dance." He followed this call and slowly he regained the use of his legs and struggled and danced and miraculously he became one of the fathers of modern dance. Studying theology did not heal him. But listening to God in prayer and embodying the inner voice of God in his person did the healing.

Dance in all its forms, is Theology lived. He could not study theology but he lived theology in his steps. This leads us all to the inescapable act of daring to do the seemingly impossible, of daring to breathe in muscle and bones. Feel the call of God and believe again and again.

Whatever crisis we face, listen to the inner voice of God that speaks in and through our pain. If you can hear it and believe it, you will be reborn. It is a startling secret, that the best chance to be whole is to love and believe in yourself because God believes in you more than you yourself do.

Dr. Antony Theodore
The Strings Of A Violin

Creativity seems to demand flexible and measured tension.

If the strings of a violin are tuned too tightly or too loosely, they snap.

When the tuning is balanced
It produces tender music.

(I published this Poem in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. I published for a long time in this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
The Subconscious.

The Saint and the Beast are in our subconscious.

There in the subconscious
is the source of most of
man’s animal instincts
and also his most spiritual intuitions.

The best and the worst,
the most savage
and the most spiritual parts
of the character are in the subconscious.

(Modern psychology gives great importance to the subconscious).

Dr. Antony Theodore
The Submission Of The Singular Will To Thewill Of God Is The Crucial Test.

Create optimum conditions
for cultivating mystical awareness
of God's being in your life.

The consciousness sought is mystical
in the sense of piercing the darkness
and resolving the mystery.

Spiritual liberty
can never be attained
without perfect humility,
obedience, and interior detachment.

The submission of the singular will
to the will of God is the crucial test.

Dr. Antony Theodore
The Sun Shines In Your Heart.

Special people
can be known
when they let the glory
of the sun, shine in your heart.

Look for such people
and count on them.

(Graphic: Josef Bach saved to Winterwunderland
2k
Very beautiful power of God: Pinterest)

Dr. Antony Theodore
The Sunflower Loved A Glowworm

Once,
the Sun flower fell in love
with a glowworm.

The tiny fly flew slowly
spreading tiny light
in the darkness.

The sunflower, even when
it adored the sun
kept in her heart
a love that is pure
for the glowworm of the night.

In the darkness
when the sun
went beyond the horizon,
she remained
dreaming of the glow worm
and hoped that
the tiny little firefly
will come and land
on the soft petals
of the sunflower one day.

She chanted a noble song
sang blessed melodies.

The fire of the heart
of the sunflower
burned in the silence of the night.

The sunflower
danced in the night
Imagining the beauty
of the glowworm.

One night, as
the sunflower slept
indeed came the glowworm, 
landed on the soft petals 
of the sleeping sunflower 
emitting always light.

The tiny glow worm slept 
on the soft petals 
of the sunflower 
that night.

Even in sleep 
Glowworm gave the sun flower, 
its light 
Free of cost, out of sheer joy.

And the God above 
saw it and smiled. 
The angels sang. 
The saints played on their harps.

Dr. Antony Theodore
The Superficial Self And The Transcendental Powers.

The superficial self, knows nothing of the attitude of this silent watcher who dwells in the innermost.

The superficial self is wholly taken up by the world of senses and the constant messages she gets from the sense-world that she knows or understands nothing of the relationship of the real self and the unattainable object of all thoughts.

What the mystic does is to become deliberately inattentive to the messages and inclinations of the senses and thereby the mystic brings the ground of the soul or the seat of Transcendental feeling into the area of consciousness.

Once it is thus brought to the conscious level, it becomes amenable to the activity of the will.

Such losing to find appears to be necessary, if man's transcendental powers are to be brought to its fullness.

Dr. Antony Theodore
The Symbol Of A Pilgrimage

The outgoing quest is expressed in
the symbol of a pilgrimage and
it appears in the mystical
literature under
two different aspects.

One symbol is the search
for the hidden treasure
which desires to be found
and the other is a long hard journey
towards a known and definite goal.

(Dante's Divine Comedy is considered as a faithful and detailed description of the
Mystic Way).
Graphic: a_morning_pilgrimage_by_ninjatic-d6f8ecc

Dr. Antony Theodore
The Thinking That Creates Problems

The manner of thinking
that creates a problem
cannot be the means
by which to solve it.

You have to get off
the way you think.

Dr. Antony Theodore
The Three Most Difficult Things

The three most difficult things
for a human being are:
not intellectual achievements
or physical feats.

They are returning love for hate,
accepting the excluded
admitting that you are wrong.

Godliness shows itself in virtue.

Dr. Antony Theodore
The Tiniest Fragment Of What I Can Know

We experience only the world
that we filter through our minds.

Whatever I imagine is a product
of my life experience so far.

The material world is
a product of my awareness.

Dr. Antony Theodore
The Tiny Flame Inside My Soul

The tiny flame inside my soul
is growing and growing.
I feel the warmth and its flare.
It is deep down in me.
It is soft and steady.

It is growing into flames
It is bright now and makes me powerful.
It is my secret that I don't tell anyone.

Meditate, sit and be silent.
You can feel the flames in me.
It will one day become a forest fire.

The sparkle of dancing light in me
might burn you when you love me.
Love is the quintessence of life.
Without love, there is no life

(Graphic: )

Dr. Antony Theodore
All the symbols and forms have their transcendent justification in the world of the pure being.

Art and mysticism attain it directly from this world of pure being.

The poet expresses the inexpressible in extraordinary combinations of images, words, word-combinations symbols, structures, phrases, and ideas.

He creates a new wonder for the world to ponder on God, humans, and nature.

Dr. Antony Theodore
The Transcendental Emerges

The Transcendental emerges

A desire for completed life
is a characteristic
of human consciousness.

The Transcendental
emerges from its hiddenness
in the mystic
and it gradually becomes
the dominant factor in his life.

By his saving contact
with the Supreme and the Real,
the vital powers of love enhances in him.

Dr. Antony Theodore
The Transcendental Sense, An Integral Part.

The transcendental sense is such an integral part of the complete human being. It is affirmed by seers and mystics of Egypt, Greece, and India, the poets, fakirs, the philosophers, and the saints of all times and creeds and philosophy.

There is within us an immense capacity for perception, for the receiving of messages from outside; and a very little consciousness which deals with them.

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Even on the sensual plane, no one can be aware of more than a few things at a time.

These fill the center of our consciousness. Others retreat to the margin.

Transcendental matters are for most of us, always beyond the margin, because most of us have given up our whole consciousness to the occupation of the senses.

Graphic: The "CEO" of your brain, The Transcendental Meditation technique...
Pinterest The "CEO" of your brain, The Transcendental Meditation technique exercises the critical prefrontal...

Dr. Antony Theodore
The Transforming Experience Of God

The experience of union
is a transforming one,
affecting every particle
of one's being,
every attitude, every act.

"Whether he eats or drinks
or whatever else he does,
does all for the glory of God;"

(St. Paul's letter to the Corinthians in the New Testament of the Holy Bible (1 Cor.10: 31).

Such a person is free to act.

Dr. Antony Theodore
The Ultimate Reality And The Poet

The poet's perception
and the final casting
into words and images
is the projection
of his experience
of The Ultimate Reality.

Dr. Antony Theodore
The Unseen Hand

Everything has a reason.

Everybody comes to you
in an heavenly ordinance.

You and i do not know it.

Don’t you feel
that an unseen hand
is always over you and me?

Dr. Antony Theodore
The Valley Of Dry Bones

Your own inner voices,
inner struggles,
experience of lack of love
that affects you deeply
and make you hard-hearted
can lead you to
a 'valley of lifeless bones'.

When the life seems bleak
and you don't feel
any kind of enthusiasm,
life drags on and on,
you reach the 'valley of dry bones'.

Then you have to pray.
Step to the Holy Altar of God.
Kneel down in deep humility.
Raise your hands and heart.
and pray with love and hope
in your tearful eyes.

Dr. Antony Theodore
The Visitation Of Mary And Elizabeth

She came to meet with her cousin Elizabeth
Maria the mother of Jesus Christ
They met, they held hands, smiled.
They talked looking into the eyes of each other
They touched and conveyed deep love and respect.

Their stomachs touched each other
John and Jesus met already then in the womb
John was taken up by joy in the womb
They smiled, prayed and submitted to the will of God.

They became the great mothers
of a Prophet and a Messiah himself.
They changed history and culture.
They influence the humanity even now.
They will influence human history till the end

(In the holy Bible, in the New Testament, this meeting of Elizabeth and Mary is described).

Dr. Antony Theodore
The Voice Beyond What Is Reasonable.

There is a voice that calls us beyond what is reasonable. We often experience deep healing in listening to that flicker of the spirit.

This is the voice of God asking us to face challenges.

It often speaks to us briefly in moments of deep crisis.

Sometimes it is so faint we mistake it for a whisper.

But taking it into the heart of our pain, it can often heal the paralysis of our lives.

Dr. Antony Theodore
The Voiceless Mystical Song.

There exists a common beat
between all hearts.
It is the one voiceless mystical song
our hearts want to sing.

O hearts in the universe,
come together to find this song of life.
Our hearts beating in unison
shall sing it with all that is alive.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time under this second name. I write to keep her memory alive as long as I live).

GRAPHIC:

Dr. Antony Theodore
The Way From Shadows To Substance

The world is full of shadows
and the way from shadows
tosubstance is a long
and tedious way.

The interior turmoil
in this search for a way out
from the world of shadows
increases day by day in a poet.

We see a society worshipping
frustration and barrenness.

There is a growing
disenchantment with
the technocratic world.

Therefore opt for discerning
one's role in God's
historical process.

Dr. Antony Theodore
The Well Spring Of Love Within The Heart.

There is an enriching fountain of love within each of us at the soul level.

To know what is love
You need not go outside of yourself.
There is the well spring of love within the heart.

(Graphic: Jean-Honoré Fragonard (1732-1806)

Description: An allegory on the theme of love. This painting has a riveting sense of drama, heightened contrasts of light and shadow, and a restricted palette redolent of nocturnal mystery—characteristics that indicate a new Romantic sensibility. Fragonard's intimate allegories are among the earliest and most eloquent expressions of a new vision of romantic love as an all-consuming experience of near-mystical communion—a vision that was worlds apart from the blithe, libertine spirit of the Rococo era

Dr. Antony Theodore
The Winding, Twisting Roads Of Life

The winding, twisting roads of life
have their way of limiting our vision.

Insecurity, greyness, drabness
and dinginess of spirit
kill our spontaneity.

Freedom of the spirit is a gift
unbounded, graciously poured out.
But we allow ourselves to be crippled
and imprisoned.

God alone can stir us
and awaken in us
the fresh stirrings of divine life.

Dr. Antony Theodore
The Worlds Of Being And Becoming

The worlds of being and becoming
are the two stages of reality
which meet in the spirit of man.

In mystical experience,
the temporal plane is cut off,
and at the expense
of the lower kind of reality,
the eternal plane emerges.

Thus the sacrifice which mystics
make to attain the vision of truth
is self-fulfillment rather than self-denial.

Dr. Antony Theodore
Then Will You Wet My Lips With The Kiss Of Your Soul?

I am on my way to you Lord.
With faltering steps
I dare to climb up to you.

You see me from above.
I see you from below.

How shall it be when I reach you?
Will you hug me?
Will you kiss me?
Will I remain there with you
With a never-ending smile?

I don't wish too much.
I only want your love.

Let it come to me
in any way you like.
I shall receive it as it is.

Then would you take me
to the rainbow wings
where you play hide and seek
with those whom you love?

Then would you pour honey
into my mouth and wet my lips
with the kiss of your soul?

Dr. Antony Theodore
Then Woman Must Be The Crown.

The Bible says:
Man is the head of God's creation!
If man is the head,
then woman must be the crown.

When God made woman,
He was finished with His creation.
Woman was the last creative act of God.
(You can make of that what you will!)

When Adam went to sleep,
angels made a surgery on his side
and woke up without a real rib
making the woman "the backbone".

In all sincerity, a godly woman
is the backbone of the home.

Without godly women,
their work, their influence
and their abilities,
we would have to shut
the doors of our homes
and declare the home
an unfit place to live.

Dr. Antony Theodore
Theophany - - God Manifests.

Clouds, thunder, lightning
God comes from the Mount of Sinai,
the awe-inspiring presence of the Creator.

Sing a glorious tune.
Play on your harps,
dance in God’s presence
with a heart full of joy.

Theophany - - God manifests.

Glory of the Lord,
the pillar of the cloud.
The Lord comes down
to human beings

God appeared to Moses, Aaron, Joshua.
God answered Job out of the tempest.
God came to Moses in a burning bush.
Jacob wrestled with God.

Theophany - - God manifests.

Come let us adore him
Hindu, Moslem, Christian, Buddhist,
come let us adore together
The Almighty God who is beyond
all the Religions.

Fanaticism is the poison of the humanity.

Dr. Antony Theodore
There I Go For A Stroll

There i go for a stroll

There are fountains in our souls
deep down in the valley.

It seems it is deep and infinite.
There I go for a stroll.

Published on October 04, 2010 Poetfreak under the name Genovamaaa. Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
There Is A „something&quo; In The Soul In Which God Dwells.

Know then that God is present at all times in good people and there is a „Something&quo; in the soul in which God dwells.

There is also a Something by which the soul lives in God.

But when the soul is intent on external things that Something dies, therefore God dies, as far as that soul is concerned.

(„This Something&quo; is the noble agent of the heavenly Father who is present in the innermost recess of the soul. This thought is from Meister Ekhart).

(Graphic: . Josie. . Josie. saved to Echoes of the Soul ?? rest)

Dr. Antony Theodore
There Is A Land Where Dreams Dance

There is a land
where Dreams dance
in tremendous joy.

They dance on the angel's wings,
on the soft tail of the white dove.

They lie flat and sleep
on the dancing feathers
of the colorful peacock.

At the birth of the dusk
dreams fly down
from the heavenly caverns
to earth's sweet shore.

As the moon shines
they begin to dance
on the shining waters of
the mild flowing river,
in the secret village
where farmers sleep
and the sheep lie cozy.

Dreams dance
on the lips
of lovers
who spend the night
on the riverbanks
hugging and kissing
giggling and hissing.

Dreams come from heaven
to make love a dream.
God cares for you and me
he puts you and I in motion
of heavenly love.

(This was published in Starlite Cafe under the name of my mother Genova by
me).

Dr. Antony Theodore
There Is A Lover

There is a lover
who undresses your conscience.

There is a lover
who is in love with your mind.

He or she falls in love with your thoughts.
You are blessed
when you find this love of your life.

Your soul is in need of love.
The deepest longing in you is love.
Love is spiritual nourishment.

Dr. Antony Theodore
There Is A Net Of Color At The Edge Of The Mind.

The creative spirit strives to escape all forms of domination.

In the last analysis, the only valid witness to the artist's creative freedom is his work itself.

There is a net of color at the edge of the mind. This color spreads all over going out of the mind to paint all that his mind sees. The creative mind then rejoices.

Dr. Antony Theodore
There is a really deep well inside us.  
I believe, in it dwells God.  
Sometimes I am there too.

When stones and grit block the well,  
God is buried beneath.  
Then give me the desire  
to dug God out of it.

When I miss God in my life  
I know that God is hidden in my own well.

It needs courage to change myself  
and go to the well inside me  
to remove those stones that block  
me from seeing and experiencing God.

Dr. Antony Theodore
There Is An Echo Corner In The Heavens.

Moments after my death
I shall fly up and up
as we flew kites together
in our joyful childhood.

Listen to my laughter.
I will surely laugh
on my way to the heavens.
Listen to my laughter.

I shall acquire strong wings
to fly forever in the world unknown.

I shall send you my sweet smiles
In the rays of the morning sun.

I shall sing and send my songs
on the wings of the winds.

There is an echo corner
in the heavens.
There i will wait to hear your voice
echoed and reechoed
until it reaches my ears.

Be sure, my ears are tuned
to the mild sound waves
of your melodious songs,
sung on the earth for me.
(Recently i had a heart  the hospital i wrote it).
(Graphic: manuela fanari saved to astratti hotobucket).

Dr. Antony Theodore
There Is Fear And Hate In Us.

There is fear in us.

We secretly or openly hate and fear our own selves. As a result, we hate one another and fear one another.

Begin to love ourselves. We have the divine nature hidden deep in our depths. Believe in it and love in real terms.

Dr. Antony Theodore
There Is No Doubt In The Level Of Immediate Intuition

The mystical experience cannot be reduced to logical formulation or adequately expressed symbolically.

But there is a conscious awareness of God, though it is ever tenuous and tinged with doubt.

On the conceptual level, where logic and rationality are in command the mystical experience may admit of doubt.

But in the level of immediate intuition it admits of no doubt.

Dr. Antony Theodore
There Is No Way That We Can Pay For Our Own Sin.

Many are bound by guilt.
Some rightly live with it
because they refuse to give
up the sin that brought it on.

Others suffer the weight
of guilt harboring shame.

There is no way that we
can pay for our own sin.

Honestly identify
the source of our guilt
and confess before God.

We turn away from the wrong
and choose to do right.
That is real Repentance.

Confronting guilt in this way
replaces the weight of shame
in our hearts with joy and peace.

Through our witness,
God may reach others
who need their guilt
chains broken.

Stop running, and face
the source of your guilt.

It's time to end your captivity
and start walking in the
joy of God's blessing.

(Graphic: ARE YOU TOMENTED BY MEMORIES, BURDENED BY GUILT, EREN?)

A
There Shall Be No Day In Your Life.

There shall be no day
in which you have to say
"No none is there for me
who will give me a little bit of courage".

There shall be no day
In which you have to say
"There is no one who listens to me".

There shall be no day
in which you have to say
"There is no one for me
who will share his way".

There shall be no day
in which you have to say
"I do not feel the presence of God".

(graphic: pinterest)

Dr. Antony Theodore
They Are Ghosts In Me And In You.

They are ghosts in me and in you.

Ghosts cling tenaciously to life.
Superstition, Religious fanaticism,
prejudice, egoism are ghosts.

They are ghosts in you and me.
They are the ghosts of night and day.
They are armed with tooth and claw.

We are condemned to wage perpetual war
against such ghosts who live and feed on us.

Dr. Antony Theodore
They Are The Initiators Of Beauty And Wisdom

The mystical genius has an instinct for transcendental reality.
Seers and creators often possess this.
These people have a measure of illumination.

They are the initiators of beauty or of wisdom as the great mystic is the initiate of love.

In the illuminative state
the subject gets a veritable foothold in the transcendental world.

Dr. Antony Theodore
They Lived In The World Of The Awakened.

Only in Awareness
you will know
that honor means nothing.

It is a only a social convention.

The mystics were
never bothered about it.

Honor or disgrace meant
nothing for a prophet.
They were unaffected by it.

They lived in the world of the Awakened.

Dr. Antony Theodore
They Smile And Laugh

They smile and laugh,
They smile and laugh,
such a poetic joy.

Don't care the least
of what people say.
Opinions don't bother them.

They tell stories of their love,
share the thoughts about kids,
pray and recite a mantra or two.

They want to love till they die,
they want to smile till they die,
they want the closeness till they die.

They touch their skin
and laugh about the wrinkles.

Do you have teeth, they ask,
both together answer 'no'
and they smile and laugh
again and again and again.

Why do you laugh people ask,
because elephant does not laugh;
they say and laugh again and again.

They just don't care what others say.

It is the worry of the young and the dull.

Dr. Antony Theodore
They Want Only Happiness.

The humility and simplicity of happier people comes from their inner peace that remains in their minds.

They live joyously in that world of simplicity without caring for the material world.

They are simply happy. They want only happiness. They are content with little things.

Dr. Antony Theodore
Think Of The Ant And The Blade Of Grass

Sit outside, if possible, or near a window
and note the other forms of life around you.

Breathe slowly and think of the ant
and the blade of grass
and the birds and animals,
what these life forms can do
that you cannot.

Think of the pebble
and the dancing leaves
and the stone bench.

Center your breathing on the interior things
that you can do what they cannot.

Rise slowly, feeling beautifully human,
and enter your day with the conscious intent
of praying consciously that only humans can do.

During the day raise your heart to God
with great reverence and gratitude.

Dr. Antony Theodore
Think Of Your Loneliness

Think of the loneliness that is yours?  
Can human company kill your loneliness?  
It will only serve as a distraction.

There is an emptiness inside.  
When the emptiness surfaces  
you turn on the Television,  
turn on the radio,  
look into your mobile,  
Go into the crowd,  
look for entertainment  
and seek distraction.

Loneliness is cured by  
getting contact with the reality.

Drop your illusions.  
Drop what is unreal in you.

Dr. Antony Theodore
This Change I Need To Grow.

Today I want to express my own
Sinfulness and imperfections
in the presence of the unutterable
perfection of the Absolute Life.

I know now my own unrealness
when judged by the
transcendental standards.

My own remaking
and regeneration.
is my primary interest.

It is the reading of those
necessary psychological changes
which I observe within myself.

This change I need to grow.

Changing yourself: Quotes | Stress & Energy management
Stress & Energy management
Changing yourself)

Dr. Antony Theodore
This Is A Call For Universalism.

Let God's face shine upon us.
May the nations be glad and exult.
God rules with equity.
May all the people praise You.

God utters:
'I shall bring you all to my holy mountain.
Make you joyful in my house of prayer.
No cast nor creed, color or nations, rich or poor.
No separation, no segregation'.

O Almighty,
accept our offerings and sacrifices.
We shall rejoice in your house.
It is the house for all people.

This is a call for universalism
against narrow minds and attitudes.
No "ghetto" mind can rule us.

God's abundant love is unsurpassed.
There is no "we are right and you are wrong".

We are united as One Humanity
of brothers and sisters of all kinds.
We are bound together by the Eternal Love.

Dr. Antony Theodore
This Is My Prayer And My Dream

Keep me in your heart safe.
In my sufferings I will think I am secure.

Sing to me songs eternal
and allow me to smile in grief and anguish.

Tell me stories of love.
Give me a kiss that is tender.

Keep me safe on your lap.
Sing me a lullaby.
Help me to dream of a rebirth in heaven.

In my new awakening
i shall hear angels singing.

They will then cover me with the kindest embraces of sweetest harmony

Dr. Antony Theodore
This Is My Wish For You Today

May the flame of love glow in your heart.  
May your life be filled with love  
Hope and peace.

May you be content with the little joys  
Which life provides every day.  
May God touch you in a very special way.

Do not remember the one who hurt you yesterday  
But remember the one who loves you today.

Let all the love experience be tender.  
Let it satisfy your body and soul.

This is my wish for you today.

Dr. Antony Theodore
This Is Poet's Perception

Set a sound
beside those silences
that give the sound
it's glory.

Trap the shadow
and leave the light
that cast it.

Dr. Antony Theodore
This Is The Miracle Of Trust  (Pearl Divers)

Pearl divers search the deep in pairs
without scuba tanks and regulators.
One waits at the surface tending the lines
tied to the other, who soft-steps the sand
for treasures he hopes he will recognize.

He walks the bottom, watching the vegetation
sway and sways himself till she tugs the cord.
He ascents swallowing the little air left.

Aboard, on the sea shore
they talk for hours seeing what they have got
rubbing the rough and natural pearl.
They smile, they hug, they hold each other
In love and real, sincere happiness.

Poverty helps them to love.
Living and fighting for a livelihood
make them hug each other
in innocent love that the rich may envy.

There is no ego.
Only the other who
goes under water
is always in thought.

Next morning she jumps and dives.
He gives her up in prayer:
"Lord my love is under water.
Keep her safe in your hands."

She dives and fills the baskets.
He counts the time,
hands wrapped about her line.

This is love
This is the miracle of Trust.
(Once I visited India and met with the pearl divers. They are poor people. One stands on the shore. The other jumps into the ocean with a strong thread tied to his body. The one who is on the shore has a seventh sense and he or she lifts the other with the help of the thread in right time. It was astonishing. Ohhhh how they love. The poor and the simple have an art of loving which the so called rich and the sophisticated do not possess. I stayed with them sharing their simple meals and singing and dancing with them. I shall never forget it).

Dr. Antony Theodore
Those Wonderful Moments Of Love

Your sweet murmur
Echoes in my soul.
I like to ponder over
Those beautiful moments
Of sweet innocence.
The shine in your eyes,
The trembling lips in love
The colour of your face
And the telling gestures of your hands
And the movements of your limbs
I love to paint in my soul
Those wonderful moments
Of pure and innocent love.

Dr. Antony Theodore
Thoughts Are Only Thoughts.

Let not negative thoughts rule over you. 
Thoughts are always thoughts alone. 
Let not your brain rule over you.

You rule your brain.

If your thinking faculty rules over you, 
You will be considered mad.

Let not your thoughts control you. 
Thoughts are only thoughts.

Dr. Antony Theodore
Three Deep Cravings.

Man has three deep cravings of the self.
These are the three expressions of his restlessness.

Man has the craving in him
to be a pilgrim and a wanderer.
It is the longing to go out from his normal world
in search of a lost home.

The next is that craving of heart to heart.
It is the longing of the soul for its perfect mate,
which makes him a lover.

The third is the craving for inward purity
and perfection, which makes him an ascetic,
and in the last resort a saint.

Dr. Antony Theodore
Thresholds Of Mystery

You come into rhythm and unity
with the music of the universe
when you listen with your soul.

Most important thresholds of mystery
are places of silence.

Listen to the music of your own spirit.

You listen when you worship in deep silence.

(I published this Poem in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. I published for a long time in this second name).

Dr. Antony Theodore
Through Your Inner Wounds

When your heart is wounded,
Do not pray for healing.

Through your inner wounds
God's grace and light will enter.

Dr. Antony Theodore
Thus I Become Harmony.

Darkness does not belong to me.
So I don't get involved
in the sadness
or darkness around me.

Anger does not belong to me.
Oppressive shall I never be.
Hatred does not belong to me.
Forgiving is my divine law.

I create a protective bubble.
I center myself in it.
In my bubble of love,
I live in light.

Thus I become Harmony.

Dr. Antony Theodore
Timelessness

Eternal life is not everlasting life. 'Everlasting' is still within time. Eternal means timeless - no time. What is timeless is beyond our comprehension.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. I published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
To Accept Myself As I Am.

The Pure Self in me
is beautiful.

The inner light is in my pure Self.

When I become aware of it
my confidence grows.
I allow it to shine brighter and brighter
by listening to the murmurings of God.

God helps me to give myself
all the Respect, Love and Self-esteem.

I learn to love myself
to accept me as I am.

I am the being that I am
while God dwells in me.

Dr. Antony Theodore
To Behold The Beauty Of God.

It is my great desire
to behold the beauty of the LORD
and to meditate in His temple.

Come to Worship the LORD in holy array.
Ascribe to the LORD the glory due to His name.

Your eyes will see the Almighty in His beauty.
Blessed are the feet of the one
who brings good news to generations.

They will receive garlands
of sweet smelling jasmine.

God will pour the oil
of gladness on them.

The mantle of praise and joy
shall be given to them.

So be an oak of righteousness.
Glorify the Almighty and ever loving God.

Dr. Antony Theodore
To Experience The Universal Unity

To experience
the universal unity,
the mystic immerses himself in the spirit.

The mystic is convinced that
the reality lies beneath the surface,
the appearance of things.

There is a spiritual dimension
that invests matter with whatever
meaning and value it has.

Both the poet and mystic synthesize
the diffused experiences of life
into a discernible pattern.

Dr. Antony Theodore
To Inner Desert Frontiers

The poetic vocation calls a man
to inner desert frontiers,
in order to dip into the ocean
of unexploited forces in him
to draw from it a personal
provision of grace and vision.

Dr. Antony Theodore
To Live In More Intimate Communication With The Mystery

Union is affected by God himself and it remains a mystery to the man.

Man is sustained by a deep mystery.

It is of silence, of incomprehensibility of God's will and God's love.

The mystic feels that he is personally called to live in more intimate communication with the mystery.

Dr. Antony Theodore
To My God Who Has No Face I Call.

This morning i love you my God.

In the night I climbed up the hill.  
The rocky way was not hard  
while I thought of you always.

You are my Lord and God.

My heart will not come to peace  
until I reach you my God and Lord.

This holy morning I reached the top.

I call you looking up to the heavens.  
I raise up my hands to you.

Do you listen to me my God?

Come and show me your face  
oh the faceless and body-less one.

(Graphic: Photographic Journey24_zpsttgqkfy)

Dr. Antony Theodore
To Prostitutes, You Told: „don't Sin Again&quot;

Lepers were your friends.
You touched their wounds.
You healed them and hugged them.
Their skin creamed without blemish.

To prostitutes, you told: „don't sin again&quot;
lifting your right arm to bless them.
They smiled in your presence
and they knew the beauty of love.

Your simple life is light to our paths
in this mad material world.
You fed the poor and cared for the needy
adorned with the feathers of kindness.

You are my Christ whom i adore
You are my Christ whom i love.

(Pinterest Genomaaa's collectionsWhy does Jesus say &quot;Go and sin no more&quot; when it is impossible?
Redeeming God
go and sin no more)

Dr. Antony Theodore
To The Inner Mount

God,
lead me to the garden of the soul,
to the inner mount,
to the inner cave
where you will talk to me
in the ears of my heart.

Dr. Antony Theodore
To The Only Country Of The Soul.

The mysterious Traveler
to the only country of the soul
is known by his detachment,
charity, humility and patience.

The ascetic life makes him perfect
in his knowledge of the goal
but deficient in the power of reaching it.

The second stage is attained
by the casting off his burden.
It is a total renouncement
where he becomes totally free.

The third step is to develop
the characteristic mystical qualities:
attraction, devotion and elevation.

In this elevated state of mind
the Pilgrim receives the gift of joy.
This joy is indescribable.

Dr. Antony Theodore
Today I Sat To Collect My Tears

I sat to collect my tears
in an earthen cup
and hid it carefully
behind my smiling mask.

I hid my sufferings and grinned
at everyone on the way.

They thought i am happy
but it was a simple lie.

I hid behind my mask
my painful bleeding heart.

Everything is torn inside me.

They saw only my mask.

The memory of those who
cheated me purposely
carved my soul and heart.
I cried silently and prayed.

My prayer to christ was:

Thank you Lord for helping
me to join in your passion.

They crucified me and i bleed.

Today i want to pray:
„God forgive them“, but
I am a simple human being.
Please give me your forgiving mind.

Dr. Antony Theodore
Today I Wait For You  O My God.

Last night I waited for you.
On my knees I remained
thinking of you my God.

Did you come to me
when I fell asleep
during my prayer?

When I woke up did I sense
the smell of the roses
which angels threw on your path?

When I got up did I feel that someone
came to me in my sleep
to cut away with the sharp sword
my selfish desires and thoughts?

Was it you who came?

Dr. Antony Theodore
Transcendental Sense In The Depths.

Deep in man
he has a seat of spiritual consciousness:
the place where he meets the Absolute.

It is the germ of truth in his real life.
That is the seat of that deep
transcendental feeling,
manifested mainly as faith.

This transcendental sense
is such an integral part
of the complete human being
that it is affirmed by seers and mystics
of Egypt, Greece, and India,
the poets, fakirs,
the philosophers and the saints
of all times and creeds.

(The word 'he' is used here as a generic term denoting man and woman).

Dr. Antony Theodore
Transform Yourself First.

Transform yourself first.  
How do you achieve that?

Through observation,  
through understanding,  
without interference,  
without judgment on your part.  
Because  
what you judge, you cannot understand.

Simply observe.  
Simply observe yourself.

Dr. Antony Theodore
Transformation Of The Being

Some see the Divine as a Transcendent Life immanent in the world and self.

There is a spiritual seed within them by whose development, one, moving to higher levels of character and consciousness, attains his end.

They will see the mystic life as involving inward change rather than an outgoing search. Transformation of the Being or Regeneration are the watchwords here.

Dr. Antony Theodore
Translation By Poetmetin Sahin Of "I Am Your Baby Mum"

From: Metin Sahin (? isparta Turkey; Male; 75)
To: Brahmin
Date Time: 10/17/2018 10: 29: 00 AM (GMT -6: 00)
Subject: Re: Dear Poet Metin

DÜNYAYA GELMEDEN KATLEDİLEN -BEBEGIN FERYADI
WRITTEN BY....NY THEODORE...: : TURKISH TRANSLATION Metin ŞŞAHİN

ben senin sevgili yavrun..bebegin degil miydim ana...
bil ki ben kendğimden gelmedim sana
tanrıının melekleri
taa ulvi göklerden kanatlarını açarak geldi yanına
ve o kutsal rahişne yerleştirdi beni
ben sana kendiğimden gelmemiştim ana
bunu yüce tanrı istedi
çok mutluydum o sevgi dolu yeni sıgünagımda..yeni yerimde
o kutsal rahminde
orada...uyudum...mutlu ve hıuzurlu
melekler kolladı beni
dua ettiler bana
korumak için beni daima
yeryüzüne dogasiyadek
gelesiyedek
dogum günümde söylecekleri şarkıları tekrar ettiler
söylediler..cennetten getirdikleri
altın harblerinin eşliğinde söylecekleri

senin o kutsal rahminde ben uyunken
melekler swık sık ziyaret ederdi beni
ben bunun farklıda degildin sevgili anam
dogacagım için çok mutluydum
senin sevgili çocugun olarak

gülüm isterdim
şarkı söylemek isterdim
oynamak isterdim
aglamak isterdim
göğüslerinden süt emmek isterdim
kana kana
doyasıya
sen yeter deyinceyedek
o sevecen
göğüslerindeki bütün sütü tükettimde de
görmek isterdim yüzündeki mutluluğu...gülümsememeyi
senin rahmindeyken gördüğüm düşler...kurdüğum hayaller buydu ana

oysa o ugursuz...lanet günde
nasıl da karar verdin beni öldürmeye...katletmeye
cenhennemdeki şeytanlar
duydu bu düşünceni
getiirdiler en kocaman..en gürültülü davullarını
şeytani danslarını oynadılar sevinçten
bütün şeytalar toplandılar
birlikte halay çekerek oynadılar
halkalar..daireler halinde
şarkı söleyip zipladılar
siralar halinde oynadılar
halkalar halinde oynadılar
ayuaklarının ucuna basarak oynadılar
taklar atarak oynadılar başlarının üzerinden
en vahşi..en çılgın şarkılarını söylediğil
davulları çalan şeytanlar da oynadı
bütün cenhennem çığına dönüştü mutluluktan sevinçten
beni öldürmeye..katletmeye karar verdikenden

benim ne kadar ağladımı bilemesin
meleklerin de ne kadar ağladığını bilemesin ana
bütün evrenin de ne kadar ağladığını da hiç bilemesin
senin rahminde olduğum gün

vahşice öldürülmemden bir müddet önce
gördüm ki
beni o kutsal rahmine koyan yüce yaradanın bile gözlerinden yaş geliyordu
yüce yaradan ağlıyordu çaresizce

Dr. Antony Theodore
Translation By Shrouk Hammoud (Damascus Syrian; Female; 36) of "I Am Your Baby Mum"

From:
Shrouk Hammoud (damascus Syrian; Female; 36)
To:
Brahmin
Date Time:
10/15/2018 2:47:00 AM (GMT -6:00)
Subject:
Re: Re: Re: Dear Poetess
good morning dear Tony, here is your poem I have translated into arabic.

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(Graphic:
What is the importance of a mother's love for her child? - Quora
Quora
Mother is a wonderful innovation from our almighty god, one day is not mother
day but every day is mother day.)

Dr. Antony Theodore
Hi
You will find my translation of your poem I am your baby Mum into Arabic below. I heartily thank you for allowing me to take part in spreading this noble message. I would kindly ask you to tell me how to publish it in my collection of poem in PH.

Houda

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Translation In Spanish By Juana Cruz Of The Poem „I Am Your Baby Mum”.

Translation in Spanish by Juana Cruz of the poem „I am your baby mum”.

Yo soy tu bebe, mami.
Yo no decidí venir al mundo, mami.
Los ángeles bajaron del cielo y
Me depositaron en tu vientre sagrado.

Yo no pedí nacer, mami.
Dios lo quiso así.

Estaba feliz en mi nueva cueva de amor
En tu vientre sagrado
Y allí dormí en paz.
Los ángeles velaban
Y oraban
Para mantenerme siempre seguro
Hasta el día que naciera en la tierra.

Practicaban canciones angélicas de nacimiento
En sus arpas doradas para mi cumpleaños.

Mientras yo dormía en tu vientre
Los ángeles venían a verme.
Tu no lo sabias, mi querida mami.

Yo esperaba feliz,
Nacer como tu querido bebe.

Yo quise sonreír.
Yo quise cantar.
Yo quise jugar.
Yo quise mamar leche de tus senos
Hasta saciarme.
Yo quise ver una sonrisa en tu cara
Mientras yo me alimento
De tus amados senos.
Eran mis sueños en tu vientre, mami.

Pero un cruel día
Tú decidiste matarme.

Los demonios en el Infierno
Se enteraron de tu decisión.
Buscaron el tambor más alto
Tocaron sus ritmos más demoniacos
Todos los demonios juntos
Danzaron en círculos
Saltando y cantando
Bailaron en líneas
Bailaron en círculos
Bailaron en sus pies
Bailaron en sus cabezas
Cantaron las canciones más salvajes
Y los demonios tocaron.
Todo el Infierno estaba feliz
Que decidiste matarme.

¿Sabes cuánto llore?
¿Sabes cuanto lloraron los angeles?
¿Sabes que todo el cielo lloro
En el día de mi muerte en tu sagrado vientre?
Un momento antes de que yo fuera cruelmente asesinado
Yo vi a Dios todopoderoso llorar inconsolable.

Juana Cruz Translatedthe poem
„I am your baby mumquot; by Antony Theodore in Spanish.

Dr. Antony Theodore
Translation Of 'I Am Your Baby Mum' By Kostas Lagos Peristeri / Greece,

This is the translation of dr. Antony theodore's poem 'I am your baby mum' by Kostas Lagos Peristeri, Greece,

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Dr. Antony Theodore
Translation Of 'i Am Your Baby Mum'... Devotional Creation In More Pure Form.

From: Sonia Deendayal (India ;)
Dear tony
I have translated your Epic Poem 'i Am Your Baby Mum' - devotional creation in more pure form. Thanks for opportunity for giving me chance of translation of epic 'I am your baby mum.
Have a nice day!
kind regards.

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www.PoemHunter.com - The World's Poetry Archive
Dr. Antony Theodore
Translation Of 'i Am Your Baby Mum'..ou Madrazo
Ako'y Iyong Anak Ina From Phils

Ako'y Iyong Anak Inay -
ako pumaritong mag-isa
Pumanaog akong mga anghel sa langit ay kasama
At sa iyong sinapupunan ako'y maiging ipinunla
Hindi ako pumaritong mag-isa
Ito ay ginusto ng may likha.

Ako'y balot ng ligaya sa bagong kanlungan
Sa sagradong kuweba ng iyong sinapupunan
Natutulog ng mapayapa at matiwasay
Habang ang mga anghel sa akin ay nakabantay
Sabay-sabay na nananaling
Hiling ay kaligtasan sa iyong piling.

Hangga't aking masilayan ang mukha ng daigdig
Awitin ng langit ay inihahandang isahimig
Kasabay ng tugtog ng ginintuang alpa
Upang sa'yo ay iparinig sa araw na itinakda
Habang nasa iyong sinapupunan nagpapahinga
Mga anghel paroot paritong bumibisita
Maging ito man ay lingid sa iyong kaalaman aking ina.

Ako ay sabik nang mailuwal
At maging anak na iyong pinakamamahal
Gusto kong ngumiti
Gusto kong kumanta
Gusto kong maglaro
Sumipsip mula sa iyong suso
Hanggang sa ako ay makuntento
Gusto kong masilayan ang iyong mga ngiti
Habang nakakanlong at ninanamnam ang gatas sa aking mga labi.

'Yan ang mga binuo kong pangarap
Na biglang naglaho nalang sa iisang iglap
Nang ang malupit na araw at dumating
At pinili mong sa iyong sinapupunan ako ay punitin.
Nay sa kaharian ng kasamaan ika'y narinig
Habang sinasambit mong ako ay ipapunit
Tila may piyesta, malalakas na tambol
Nakakabinging tugtugin nakakapangilabot!

At lahat ng demonyo ay nagtipon
Sumayaw ng pabilog
Kumanta, tumalon
Sumayaw sa iisang linya
Sumayaw ng pabilog
Sumayaw ang kanilang mga paa
Pati narin ang mga ulo nila
Kantang nakakabasag-tenga
Mga tambol na nagbabadya
Ang buong impyerno ay nagdiwang, nagpakabusog
Habang ang mura kong katawan ay pilit dinudurog.

Aking ina batid mo bang akoy lumuha?
Pati na mga anghel na aking kasama?
Ang buong kalangitan ay nagdalamhati
Nung araw sa loob ng sinapupunan ako ay iwinaksi
At bago pa man ang munting hininga ko'y binawi
Ang Diyos ay nasilayan ng may luha sa kanyang mga pisngi.

This is a translation of the poem I Am Your Baby Mum by Dr. Antony Theodore

Dr. Antony Theodore
Translation Of 'i Am Your Baby Mum'. In Russian.. By Ekaterina M. Polischuk

Hello dear Antony,
I would like to sorry about the long time i didn`t write. I have translated the poem 'I am your baby mum'. It is in Russian. I thought about in what way it should be translated best. I wanted to create a ryme, nut it that case you would lose the meaning of the lines. that`s why I did the transtion which show the meaning close to the words you have written. It has some adoptations to our people minds but they don`t change the verse.
Mama, ich bin dein Baby

Mama, ich bin dein Baby.
Ich bin nicht in meiner eigenen Mama herangewachsen.
Gottes Engel flogen
vom mächtigen Himmelreich zu dir
und legten mich
in deinen heiligen Leib.

Ich bin nicht in meiner eigenen Mutter herangewachsen;
Gott wollte es so.

Ich war so glücklich
in meiner neuen Höhle der Liebe,
in deinem heiligen Leib
und schlief dort friedlich.

Die Engel beobachteten mich.
Sie beteten,
um mich immer sicher zu bewahren,
bis ich auf Erden geboren werde.

Sie übten himmlische Geburtslieder ein,
um sie auf ihren goldenen Harfen zu meinem Geburtstag zu spielen.

Als ich in deinem Bauch schlief,
kamen die Engel zu mir.
Das hast du nicht gewusst, meine liebste Mama.

Ich war glücklich, als dein geliebtes Kind
geboren zu werden.

Ich wollte lächeln.
Ich wollte singen.
Ich wollte spielen.
Ich wollte deine Muttermilch saugen,
bis du zufrieden warst.
Ich wollte das Lächeln auf deinem Gesicht sehen, wenn ich deine ganze Milch aus deinen liebenden Brüsten saugte.

So waren meine Träume in deinem Bauch, Mama.

Aber an einem mörderischen Tag hast du beschlossen, mich zu töten.


Einen Moment, bevor ich grausam ermordet wurde, sah ich sogar den Allmächtigen Gott hilflos weinen.

Dr. Antony Theodore
Translation Of I Am Your Baby, Mum- (Hindi) - Poem
By Shilpa Chaganti

Tumhara bacha hoon main, Maa
Main khud nahi aaya tha aapke pas
Khuda ke farishte rakh gaye mujhe aapke kokh me
Us abdhut Parlok se pariyon ka ansh chodkar

Me khud nahi aaya tha tumhare paas, Maa
Vo Khuda ki chahat thi..

Me khush tha apke pyar bhare dili, naram kokh me
Chain se sota tha me
Farishto ke loriyo ke beech.
Vo fariyaad karte roz
Meri sehat aur sukhi jeevan ke liye

Vo sone ki bansuriya aur veenao pe
madhur sangeet banate.. fir mere janam din ke
taal ko doharate apne divy suro ke sath

Meri pyari Maa.. Ye tum nahi janti thi,
Jab main tumhare kokh me soya rehta
Roz farishte mujhse milne aate

Aapki god me khelne ke sapne mujhe
Khushi se bhar dete
Me muskurana chahta tha
Gaana chahata tha
Has-khlna chahata tha
Aapka nirmal doodh peena chahata tha
Jab main apke chehre ki muskaan dekhna chahata tha
Jab main khelu aur bolu aur hasu

Ye sare sapne me sanjota tha me apke kokh, Maa

Fir ek din jab aap mujhe maar dena chahti thi
Yamlok ke sare danav aa pohunce mujhe lene

Vo jhoro se dhol taasho pe unche taal bajane lage
Sare daanav ek sath vaha the
Aaye aur ghoomte hue nachne lage
Gaate hue aur uchalte hue khusi manate
Vo naache gaate hue
Vo naache jhoomte hue
Vo naache pair thirkate hue
Vo naache sar ke bal
Joshile geet gaate hue
Jungli dhol taasho ke shor me
Sara yamlok khushi mana raha tha
Jab aapne mujhe maarna chaha

Ehsaas bhi hai tumhe kitna roya tha me?
Kitna roye the sare farishte mere liye?
Kitna roye parlok ke vaasi jab aapne
Mujhe apne kokh me hi maar dala

Jis pal meri jaan jaa rahi thi, main dekh raha tha
khud Khuda bhi bebasi ke ansu ro raha thaa...

Shilpa Chaganti

Dr. Antony Theodore
Translation Of The Poem  I Am Your Baby Mum Into Tagalog In Philippines  By Abegail Kyla Bilan (Goa Philippines)

Almost done with the translation of the poem, Dr. Tony. I just translated it to Tagalog. Tagalog is much easier since the language is fixed

AKO ANG IYONG ANAK, INA

Ako ang iyong anak, Ina.
Na 'di galing sa sarili kong Ina.
Mga anghel ng Diyos ang nagdala
Sa sinapupunan mula sa kalangitan
At binuhay sa 'yong tiyan.

'Di galing sa sarili kong Ina;
Ninais ito ni Bathala.

Labis ang kaligayahan
Sa bagong kweba ng pagmamahal,
Dito sa'yong sinapupunan
Natutulog ng mahimbing.
Pinanonood ng mga anghel.
Habang nagdarasal
Na ako'y laging ligtas
Sa pagkapanganak dito sa mundo.

Nag eensayo ng mga awitin
Makalangit, sa'king pagdating.

Habang tulog sa'yong sinapupunan
Mga anghel, laging dumadalaw
Hindi mo alam, mahal kong Ina.

Masaya sanang ipanganak
Nang madama man lang.

Gusto kong ngumiti
Gusto kong kumanta
Gusto kong maglaro
Gusto kong dumede sa'yo
Hanggang sa ika'y matuwa.
Gusto kong makita ang 'yong mga ngiti
Habang dumeded sa'yo.

Ito lamang ang aking mga pangarap, Ina.

Ngunit sa isang kaysakim sa araw
Naisip mong patayin ako.

Narinig ka ng mga demonyo.
At agad na dinala ang pagkalakas lakas na tambol
Tumugtog ng maka-demonyo.
Lahat sila, nagkaisa,
Nagsilapitan, nagsisayawan, paikot-ikot,
Lumulukso at kumakanta.
Sumayaw sila nang nakapila.
Sumayaw sila nang paikot.
Sumayaw sila sa kanilang mga paa.
Sumayaw sila sa kanilang mga ulo.
Kumakanta ng pagkalakas lakas na mga awit,
Mga demonyong tumatambol
Kaysaya ng buong impiyerno,
Na pinili mong patayin ako.

Alam mo ba kung gaano ang aking pag-iyak?
Alam mo ba kung gaano ang pag-iyak ng mga anghel?
Alam mo ba kung gaano nagluksa ang buong kalangitan
Sa araw ng aking kamatayan
Sa iyong sinapupunan?

At sa isang saglit bago ako nawala,
Namasdan ko ang kaawa-awang pag-iyak ni Bathala.

Dr. Antony Theodore
Translation Of The Poem „i Am Your Baby Mum’ By Ghazal Ebrahimzade.. Farsi Version

it is translated sir: this is Farsi version of your poetry. until end of this week i will publish it in Iranian site of poetry. maybe Thursday or Friday... then i ll give an address that you can check it. and i have a suggestion for you... attach the farsi version of the poem to previous English form in site of poem hunter.
I Am Your Baby Mum - Poem by Dr. Antony Theodore
I am your baby Mum.
I did not come on my own Mum.
God's angels flew down to your womb
from the mighty heavens
and placed me in your holy womb.

I did not come on my own mum;
God wanted it so.

I was so happy in my new cave of love,
in your holy womb
and slept there peacefully.
The angles watched.
They prayed
to keep me safe always.

notice: the translation of this poetry also is poetical...adorned with rime and rhythm...in some occasions poetical rime couldn't be designed. i had to add some vocabulary to it. in relation to poem. these vocabularies come in crouches and it is some thing routine and normal in translation wright.
till I will be born on the face of the earth.

They practiced heavenly songs of birth
to play on their golden harps on my birthday.

When I was sleeping in your womb
The angels used to come to me.
You did not know it, my dearest Mum.

I was happy to be born
as your beloved child.

I wanted to smile
I wanted to sing
I wanted to play
I wanted to suck your breast milk
Until you were satisfied.
I wanted to see the smile on your face
When I suck all your milk from your loving breasts.

They were my dreams in your womb, Mum.

But on a cruel day
you decided to kill me.

The devils in the Hades
heard about your decision.
They brought the loudest drum,
played in the devilish rhythms.
All the devils came together,
came and danced in circles,
jumping and singing.
They danced in lines.
They danced in circles.
They danced on the toes.
They danced on their heads.
They sang the wildest of songs
and the devil drummers played.
The whole hell was happy
that you decided to kill me.
You know how much I cried?
You know how many angels cried?
Do you know how the whole heaven cried
on my day of death in your holy womb?

A moment before i was cruelly murdered
I saw the All-Powerful God crying helplessly.

Dr. Antony Theodore
Translation Of The Poem „I Am Your Baby Mum’ By Ghazal Ebrahimzade.. Farsi Version - Poem By Dr. Antony Theodore

Translation Of The Poem „I Am Your Baby Mum’ By Ghazal Ebrahimzade.. Farsi Version - Poem by Dr. Antony Theodore

it is translated sir: this is Farsi version of your poetry. until end of this week i will publish it in Iranian site of poetry. maybe Thursday or Friday...then i ll give an address that you can check it. and i have a suggestion for you... attach the farsi version of the poem to previous English form in site of poem hunter.

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I Am Your Baby Mum - Poem by Dr. Antony Theodore

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from the mighty heavens
and placed me in your holy womb.

I did not come on my own mum;
God wanted it so.

I was so happy in my new cave of love,
in your holy womb
and slept there peacefully.

notice: the translation of this poetry also is poetical...adorned with rime and rhythm...in some occasions poetical rime couldn’t be designed. I had to add some vocabulary to it. in relation to poem. these vocabularies come in crouches and it is some thing routine and normal in translation wright.
The angles watched.
They prayed
to keep me safe always
till I will be born on the face of the earth.

They practiced heavenly songs of birth
to play on their golden harps on my birthday.

When I was sleeping in your womb
The angels used to come to me.
You did not know it, my dearest Mum.

I was happy to be born
as your beloved child.

I wanted to smile
I wanted to sing
I wanted to play
I wanted to suck your breast milk
Until you were satisfied.
I wanted to see the smile on your face
When I suck all your milk from your loving breasts.

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Do you know how the whole heaven cried
on my day of death in your holy womb?

A moment before i was cruelly murdered
I saw the All-Powerful God crying helplessly.
Dr. Antony Theodore

Dr. Antony Theodore
Jestem Twoim dzieckiem Mamo

Jestem Twoim dzieckiem Mamo. 
Nie przyszedłem sam.
Boscy aniołowie
Z potężnych niebios przylecieli
I umiescili mnie w twojej swietej macicy.

Nie przyszedłem sam Mamo
Bóg tak chciał.

Bylem tak szczęśliwy w mojej nowej jaskini miłości
W twojej swietej macicy
I spalem tam spokojnie.
Aniołowie patrzyli.
Modlili się
Zebym był zawsze bezpieczny
Zanim narodzę się w obliczu ziemi.

Spiewali i grali niebianskie piesni
Na swoich złotych harfach na moje narodziny.

Kiedy spalem w Twojej macicy
Aniołowie przychodziли do mnie.
Nie wiedziała tego, moja najdrozsza Mamo.

Bylem szczęśliwy ze się narodzę
Jako Twoje ukochane dziecko.

Chcialem smieć się
Chcialem śpiewać
Chcialem grać
Chcialem ssac mleko z twojej piersi
Az bedziesz zadowolona.
Chcialem zobaczyć usmiech na Twojej twarzy
Kiedy wypije całe mleko z twoich ukochanych piersi.
To były moje marzenia w twojej macicy Mamo.

Ale okrutnego dnia
Postanowiła mnie zabić.

Diabły w Hadesie
Usłyszły o Twojej decyzji.
Przyniosły najglosniejszy beben
Grajacy szatanskie rytmy
Wszystkie diabły zebraly się
I tanczyły w kolach
Skacząc i śpiewając.
Tanczyły w liniach
Tanczyły w kolach
Tanczyły na stopach
Tanczyły na głowach
Spiewały najdziwaczsza piosen
A diabel bebniarz grał.
Całe piekło było szczęśliwe
Ze postanowiła mnie zabić.

Wiesz jak bardzo płakałem?
Wiesz jak wiele aniołów płakali?
Wiesz jak całe niebo płakało
Tego dnia kiedy postanowiła mnie zabić
W swojej świętej macicy?

Zanim zostałem brutalnie zamordowany
Widziałem jak wszechmocny Bóg nade mną placze.

I Am Your Baby Mum - Poem by Dr. Antony Theodore
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to play on their golden harps on my birthday.

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I wanted to play
I wanted to suck your breast milk
Until you were satisfied.
I wanted to see the smile on your face
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The whole hell was happy
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You know how many angels cried?
Do you know how the whole heaven cried
on my day of death in your holy womb?

A moment before i was cruelly murdered
I saw the All-Powerful God crying helplessly.

Dr. Antony Theodore
Translation Of 'I Am Your Baby Mum'.. By Dhiren Doley, Westbengal

From:
Dhiren Doley (Kalimpong, West Bengal India; Male; 38)
To:
Brahmin
Date Time:
5/27/2018 11: 42: 00 AM (GMT -6: 00)
Subject:
Re: Re: Re: dear poet
Dear Friend,
Following is the translation of the poem "I am Your Baby, mum". You may share it in your link. I will share it on my facebook wall declaring that I have translated for your original poem.

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True Happiness Is Uncaused.

Know that:
Uninterrupted happiness is uncaused.
True happiness is uncaused.
An ‘awakened person’ is happy.
You ask him “why are you happy?”
He will answer “why not?”

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Truly Wonderful Am I In God's Presence.

I saw the radiance
pouring into me
and went in search of
'This Divine light'.

I find my true source.
I like to be with myself.

I become calm now.

Where is my inner garden?
Where is my inner space
of serenity, in which i like
to sit and meditate
to rediscover myself?

Truly wonderful am i
in God's presence.

The essence of my being is in God.

Dr. Antony Theodore
Trust Not Our Own Rationality To Lead Us To Truth.

We cannot trust our own rationality to lead us to truth.

„A man should flee his senses, turn his powers inward and sink into an oblivion of all things and himself... Withdraw from the unrest of external activities then flee away and hide from the turmoil of inward thoughts, for they but create discord“;

(Meister Eckhart, Sermons and Treatises, Vol.1, Sermon 1, translated and edited by M. O'C. Walshe, P.7).

Dr. Antony Theodore
'Truth' is a favorite topic for a poet.

Much against the passive,
affective experience
of the theologians of darkness,
the theologians of light
stress illumination.

It has intellectual form
It is more palatable
to the man of reason.

The thinkers of light
giving importance
to ordinary human knowledge
tries to break through
to the transcendent
suprarational knowledge of truth.

'Truth' is a favorite topic for a poet.

In the 'way of negation',
the poet goes beyond the human
philosophical and religious
knowledge in order to be free
to be immersed in the
pure presence of God,
to experience authentic love.

(The two traditions in Christian history,
the affirmative way, or the theology of light
is placed side by side with the theology
of darkness or the Via Negationis.
Origin, Augustine, Bernard, and Thomas are included in this list of the
'theologians of light' and the representatives of the apophatic thinkers are
Gregory of Nyssa, Pseudo-Dionysius, and John of the Cross.)

Dr. Antony Theodore
Turn Into Love......Spiritual Goal Of Life.

Learn anew
to love and to be loved.

Love is a force
as real as gravity.

Being upheld in love
is intented as our natural state.

The union of self and spirit
is not only possible but inevitable.

Turn yourself into love.
That is the spiritual goal of life.

Published October 11, 2010 in Poetfreak under the name Genovamaaa. Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
Turn My Breath Into A Song.

Lord help me to breathe
and then wake up
to turn my breath into a song.

I want to feel enormous appreciation
for the fact that I am here.

We are here as individual spirits
filled with consciousness.

I look and meditate on
the antelope and the ant,
at the worm and the butterfly,
at the dog and the bull
at the hawk and wild tiger
at the hundred year old oak
and the old islands which look up to the skies
shining in the sun like a lovely
oasis in the mighty ocean.

I understand now:
No other life form has
the Consciousness of being
that we humans have.

We are here as individual spirits
filled with consciousness.

Dr. Antony Theodore
Understanding Is The Reward Of Faith.

Return to the realities
that the symbols
were intended to signify.

Understanding is the reward of faith.
Therefore do not seek to understand
in order that you may believe.

But make the act of faith
in order that you may understand.

For unless you make an act of faith
you will not understand.

Man's knowledge is itself subjective
and shares in his finitude.

It does not just lack the ability
to comprehend God,
but it is capable of being an
obstacle to that attainment.

Dr. Antony Theodore
Union And The Divine Fecundity.

Union is the true goal of the mystical quest. It is the state of equilibrium of purely spiritual life characterised by spiritual joy and intense peace by enhanced powers, by intense certitude.

The mystics describe it under the symbols Of mystical marriage, deification or Divine Fecundity.

Dr. Antony Theodore
Universal Presence

There is a tree
and I sleep under its shade
and the dreams teach me
of the One in me
and in the tree.

Dr. Antony Theodore
Unless He Utters Himself In You

Unless He utters Himself in you,
speaks in the center of your soul
you will no more know him
as a stone knows the ground
in bare moments where it rests.

Unless you receive the impelling desire
to seek a more conscious realization
of the union with God as a special grace
you shall not know the one by whom
they have been found and is known.

Dr. Antony Theodore
Until He Sees The Light

The light filled human being
is a brotherly human being
who will never leave the lonely one.

He goes with him through the darkness
which he experiences at present
until he sees the light.

(This was published in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. I published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
There are millions of unwritten images.  
They are like wings ever fluttering in me behind closed walls.  
It makes me wild, I want to fly.  
Would you break these mighty walls?

Dr. Antony Theodore
When the being is utterly surrendered
to the Infinite Will, permanent union
with the 'Absolute' takes place.

Before the whole self can learn
to live on those high levels of union,
it should be wholly transmuted in God
and merged in the great life of the All.

The dependence on personal joys
that can badly affect this union
with God, must be done away.

Nothing has separated us from God
but our own will, or rather our own
will can cause the separation from God.

Dr. Antony Theodore
Venerable Adoration Of The Angel In Me

On scraps of petals
I poured out verses
for the angel in me to sing.

The stars twinkled
in ethereal blues and myriad colours.
The angel dressed in white gown
with flowing sleeves
and a golden crown
began to dance
to the heavenly tunes of my verses.

Like an adoring pilgrim
with love filled eyes,
I lift up my palms
filled with the milk of purity
and poured it on your blessed countenance.
The milk flew down
on the eyes, nose, lips, chin
and along the contours of your body.

It was a venerable adoration
beyond any reasoning.

In the pouring light of the soft morning sun
white clouds lie flat on the lap of the blue sky.

At dusk
I heard the whispers of the mild rain
and felt the gentle cool breeze.

Fill my heart O Angel
with the gentle music of a flute.
Touch my lips with a white feather.
Paint my eyelids with the golden rays of the dawn.
Make me lie on your holy lap
like dew drops clinging to the blooming rose.

(My adoration of the angel in me cannot be explained by human reasoning. In
the morning and at dusk I pray “fill my heart O Angel and make me lie on your holy lap”.
My verses and the angel’s song and dance and my adoration with the milk of purity are my expressions of a devotion of this inner reality in which I believe. I believe in an angel in me. Do you also believe? ? ? ?

Dr. Antony Theodore
Vocal And Contemplative Prayer

Imagine a great classical archway that rises on two sides and meets at the center in the keystone at the apex of the arch.

The left side represents vocal prayer, the right side contemplative prayer that begins with meditation.

In a balanced spiritual life both grow and rise to perfection simultaneously meeting in the keystone which is God.

Both are essential in an authentic life of prayer, as can be seen in the life of Christ and all the saints in all religions which sought contemplation and mystical union.

Dr. Antony Theodore
Voice Of God Comes From Within

God works in us from within outwards.
But all creatures work from without inwards.

Thus it is that grace and all the gifts of God, and the voice of God, that come from within, in the unity of our spirit, and not from without, by means of sensible images.

No external work can penetrate the hidenness of God.

If you succeed in emptying your mind of every thought and every desire, you may indeed withdraw into the center of yourself and concentrate everything within you upon the point where your life springs out of God.

(Graphic:The Word of God - My Truth images on Pinterest |Faith quotes and Godly woman)

Dr. Antony Theodore
Waiting For The Lord

Walking on the Fog waves,
i felt carried by the fog.
I wanted to go to God
and the fog knew it.
So they carried me.

I walked and walked
until I reached the pure white skies.
They carried me and brought me
to the gates of heaven.

There I waited and waited
for those emotional moments
when God will come down
to receive me to lead me
to God's sacred throne.

(Graphic: Fog Waves 8_)

Dr. Antony Theodore
Walk In The Light Of Truth

On the path "to" love.
Doubt reflects the ego
bound in time and space.

Love reflects God,
Eternal Divine Essence.

This is the ultimate promise
on the path to love.
You will walk in the light of Truth
beyond any truth
your mind presently knows.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

(Graphic: Walking in the Light)

Dr. Antony Theodore
Walk into the silent desert.
Pray in the depth of the night.

In the darkness of the desert,
sink yourself into nothingness.

Sit alone until you see the light
in your soul filling you with joy.

Dr. Antony Theodore
Walking Among The Sheep

Walking among the sheep,
watching how peaceful they graze,
thought of men and women
Who die because of worry.

Hatred brings peacelessness.
Egoistic attitudes kill peace of mind.

Make this world a place of peace.
Become humble and smile always.

Look at the sheep and learn
beautiful lessons of life.
(Graphic: Photographic Journey 17_zpsymlsdm5s (1))

Dr. Antony Theodore
Watch Everything Inside And Outside.

Watch everything inside
of you and outside.

When something
is happening to you
see it, as if it were
happening to someone else,

with no comment,
with no judgement,
no attitude,
no interference
no attempt to change,
but only to understand.

So one can learn
to disidentify from oneself.

(Disidentifying oneself from everything that is happening inside and outside of us is the psychological way to AWARENESS and CONTACT WITH REALITY).

Dr. Antony Theodore
Watching Our Face

Form the heart of the Transcendent
I like to jump to catch
A handful of rainbows
And decorate your face.

Then shall I stand a little afar
And watch your face.
Shining with pure joy.

Dr. Antony Theodore
We All Want To Love More.

We attain the realization that our own powers of affection and understanding are worthy of some greater and more durable objective than that provided by the illusions of senses.

Therefore man’s consciousness is urged by the cravings of feeling or of thought trying to attain the encounter of the Absolute and it is always forced to return to the sensory plane.

Dr. Antony Theodore
We Are Called To Be Visionaries.

We are called to be visionaries.

The final word of history does not belong to war, discord, or gloom, but to peace, harmony and radiance.

Look for the sparkle in the ordinary. Sense the mystery in life. We are called to be visionaries. Together we shall shape the future of this world.

Remember when we have to step into the darkness of the unknown, believe that there will be something solid for us to stand on Or we will be taught to fly.

Dr. Antony Theodore
We Are Called To Embrace The Word Of God.

We are called to embrace
the words and messages of God
and allow it to resound in ourselves.

The messages of God are alive and active.
The words of God come from heavenly abode.
It shall not return without causing its effects
on the human hearts and lives.

It transforms human lives.
It heals the sick and set the psyche free.

I ponder over your messages and I am astounded.
You melt my heart through your words of love.

Your words are light in darkness.
It is like the dew upon dry branches.
In the bitter frost you kindle a raging fire
and will not allow it to be extinguished.

Dr. Antony Theodore
We Are Planted In Love

We are planted in love
and built on love.
We are given the power to grasp
the heights and the depths of God's love.

O source of holiness,
give me the spirit of wisdom
and perception of God's revelations.

Enlighten the eyes of my mind
to see what God promises me
to lift myself up and create
a new future believing
in God's great plans for me.

Dr. Antony Theodore
We Can Not Understand The Being Of A Colourful Butterfly.

With all our efforts and strenuousness we shall never be able to find the being of a simple and colourful butterfly.

We humans are so weak in our intelligence.

Inspite of it, we think that we are so great. We are fools and making ourselves fools by saying that we know everything about God.

It is really so that we are encompassed by God and do not see God, because we know too much. It is wisdom to know that we shall never know anything of God in this too knowledgeable life.

Dr. Antony Theodore
We Carry Whole Worlds Within Us

We are always both so known and unknown.
So knowing someone deeply is such a treasure.
It opens the sky of all time.
It lets the song come out of the sea.
It lets the heart to be touched by another.

We carry whole worlds within us
As we brush by each other in supermarket.

The entire drama of life churns
in our blood as we rush underground
to catch a train in the crowd.

We shall never stop breaking
our own trail up the mountain.
For only by daring to be ourselves
can we deeply know others.

Dr. Antony Theodore
We Forget The Blood On The Streets

We forget the blood on the streets

The eyes can see clearly what is broken
without ever feeling the break.
The mind can calculate the loss
without ever sewing up the wound.

But this precision and efficiency
can be a cause of a life of neurosis.
The mind skips the heart's step.

We forget the blood on the streets
But the cry on the street remains
because it is attached to the living.
They are mourning the dead
because they missed them coming alive.

Preparing for a life without the dead on the streets
make them move on for they have no other way.
Life, terror, sorrow, death, lost for ever.

Dr. Antony Theodore
We Gain A Lot When We Become Older.

We gain a lot when we become older.
tranquility,
serenity,
equanimité.
calmness,
the ability to enjoy,
patience,
wisdom and foresight.

When we were children
we wanted to become older
to join with the grown-ups.

Somehow we lose this sense as years go by.
Later we want to remain young always.

But being aged gives us a lot.
We find love and emotional security
in our own self and find the meaning of life.

(This is not presented as a poem. Just presenting ideas)

(Graphic: J's Everyday Fashion Pinterest)

Dr. Antony Theodore
We Have A Fear-Based Sense Of Security.

We are often blind
to the greed, wars and violence
that we see played
on the world stage.

They are often amplifications
of what is happening
inside our hearts
and in personal relationships.

We have a fear-based sense of security.

The larger world
that threaten and overwhelm us
is reflective of our
interior dispositions.

We have hardened our hearts.

Mercy and compassion
are seen as signs of weakness.

Be sure every day there can be
a revelation or a new discovery.

Dr. Antony Theodore
We Solicit Your Blessings

Merciful God
we solicit your love,
otherwise, we are not able to love.

We solicit your peace
for we need your peace in this world.

We solicit the strength to believe
so that we can build with you a land of peace.

We request for your blessings
because, you alone can give it to us.

Dr. Antony Theodore
We Want To Discover Who We Are

We want to discover who we are

It is no secret
that slowness makes us remember
and hurry helps us to forget.
In Softness we remember
and in hardness we forget.
Surrender makes us remember
and in fear we forget.

We want to discover who we are

Part of our journey
is this remembering and forgetting.

We go to mountains and rivers
and then we remember.
At the seashore we sit and then remember.
Sometimes even in the crowd
You stand alone and remember.

We want to discover who we are

Dr. Antony Theodore
We Were A Single Melody.

You and I,
we sang like little nightingales.
You sang, I sang
We were a single melody.

We shared sweet smiles,
You were the lips, I was the smile.

In times of tears
You held me close to you
You wiped my tears
I held your hand.

You were the flesh, I was the skin.

The golden sun smiled,
you were the gold, I was the light.

You hugged me, I caressed you.
You were the fingers, I was the body.

When the songbird sang in our hearts
You were one wing, I was the other wing.

We were two candles but one flame.

I was the sparkling sea,
You were the ripples.

You sing, I sing
We are a single melody

Dr. Antony Theodore
We Were Born In Bliss.

We were born in bliss.
But in our chaos
it gets obscured.

The soul is always in the search
of the experience of bliss.

Bliss is the ocean.
All the other joys are tiny drops.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. Published for a long time under this second name. I write to keep her memory alive as long as I live.)

Dr. Antony Theodore
We're Called To Love And Serve Everyone Influencing Them For God.

We're called to love and serve everyone.

Every single one of us has the power to influence others.

If we truly want to influence someone for God, we first need to intentionally choose them.

We need to intentionally decide to pour into this person's life, intentionally choose them to influence for God.

Use our words to teach someone about God if we want to influence them.

Picture a conversation. It's just about being intentional with our words.

We need to use our actions and show them by intentionally living life with people, giving a few people access to our lives and making them a priority.

We are here to influence human beings for God through our actions, through our words and attitudes, through our lives. Using every ounce of the influence we have to show them, God.

... We choose them.
We teach them.
We show them.

Dr. Antony Theodore
Were You In Ecstasy?

I heard your screams in the night.
Were you in ecstasy?

Did your lover play on his flute
And lift you to the heavens of joy?

Did he quench your thirst
And made you a slave of love?

Did you smell his sweat
And feel your heart is moist?

Did you see a rainbow bowing down to you
And birds with perfumed wings
flying around you?

Look!
Glowworms are coming to dance with you.

Dr. Antony Theodore
What Did You Whisper Last Night?

What did you whisper last night?

The joy of your whispers linger in my soul now at this glorious dawn.

I forgot what you whispered, but the joy remains.

Listen! the robins twitter
It is their whisper.
In love they chatter.

Wake up to the beauty of nature’s gifts.

Sense the wonders and be keen in prayer.

Dr. Antony Theodore
What Is The Colour Of The Love In Your Soul?

Silver is the sky
Green are the leaves
Shining are the waves
Tiny wings of the morning bird
fluttering in the mild wind
Ask me
What is the colour of the love in your soul?

Dr. Antony Theodore
What More Do I Need In This Life?

This is the way to my hut you know.

On the end of the way is my little hut.
I sat at night. I prayed there always.
"God, would you come to me tonight
to visit me and hug me
and take me in your arms.

You came last night to me.

This morning I saw the way to my hut.
It's laid up by flowers like a beautiful carpet.
and the dry rivulet is now flowing.
(It was all barren and dry before).

Thank you God that you came to me
when the whole nature around slept.

You are such a secret lover.
What more do I need in this life?

Dr. Antony Theodore
What More Does A Woman Need?

In the most innocent forms I crave for you.
In the evening I like to take long walk with you
till the dusk bless you and me
with its mild tranquil red rays.
Then shall we hold our hands and walk
along this shore smiling to each other
and know that we are in intimate love.

I like to turn to you and look into your eyes.

Kiss me on my forehead and caress my hair.
Touch my eye lids and tell me that I am pretty.
Such simple things of love I crave for now.

Won't you come to me to say good night
with the gleaming light in your eyes.
Then I know that you really love me
and not there simply for my body.

I want to fall asleep in your arms.
These are painful nights for me
since I know I will not live for long.
Cancer eats my cells up with ferocity.

When you take me in my arms
I see your eyes get filled
and you tell me without words
that you love and still adore me.

What more does a woman need?
What more does a woman need
In this life which passes away like a wind

Dr. Antony Theodore
What You Are Not Aware Of

You are in control of
what you are aware of.

What you are not aware of
controls you.

You are always a slave
to what you are not aware of.

The moment you are aware of it,
you are free.
It cannot control you anymore.

Dr. Antony Theodore
What You Need Really Is To Love

What you need is to be free.
What you need is to love.
Love is your true nature.

But the society taught you:
'you need little monkeys to run after you.
the monkeys who tell you, you need to be applauded,
the monkeys who tell you, you should be desired,
the monkeys who tell you, you should be attractive'.

What you need really is to love
Love alone is your true nature.

Dr. Antony Theodore
When And How Shall I Sense The Whole?

Mind churns with a million 
scraps of memory. 
related to who I am.

But the sense 
of the Wholeness 
escapes me.

The whole tapestry of life 
does not help me to see the Whole.

The mind revolves round, with the data. 
It keeps telling me that I am real. 
But do I need this assurance?

Are they, the bits and pieces 
of my own identity?

Oh! 
when and how 
shall I sense the Whole?

Dr. Antony Theodore
When I Kiss You

When i kiss you
I kiss my own awareness
At your holy presence.

You are divine.
I am divine.
I kiss your divinity
When your lips touch mine.

You find me.
I find you.
In a moment sublime.

In reverent awareness
I enter
and bow
in the cave of
Indescribable sweetness.

Dr. Antony Theodore
When I See You

My wings flutter
My fingers flutter
My Spirit flutters
when I see you
with the eyes of my soul.

Dr. Antony Theodore
When In Pain.

When in pain,
breathe slowly and meditate
on a pain that has been troubling you.
It might be physical, or emotional or mental.

Rather than toughening and resisting
the onset of the pain,
try to let it move through you.

Notice, where the pain is acute.
Notice when you first feel it.
What is the pain telling you
about the piece of your body
or heart or mind that it is moving through.

What might you change in how you move,
feel or think that will strengthen
this part of you that is hurting?

Pain is very often a sign.

Dr. Antony Theodore
When Kindness And Truth Meet

When kindness and truth meet in me,  
when justice and peace shall kiss,  
when i reach God's sanctuary  
and the royal temple of the angels,  
may your love make me  
what I am called to be.

(i believe that the Almighty calls us  
with a definite purpose in life. This consciousness of purpose gives us meaning)  
(graphic: the_temple_of_angels_by_razielmb-d8j7er5)

Dr. Antony Theodore
When The Archer Shoots

This is a wonderful saying of Tranxu
a great chinese Sage:

When the archer shoots
for no particular prize
he has all his skills.

But when he shoots to win
a golden trophy, the first prize,
he goes blind, prize disturbs him.
He sees two targets.
He is drained of his concentration.
He becomes out of mind.

His skill is the same.
But the prize divides him.

He thinks more of winning
than shooting with all his skill.

Are we also like that? ?

Dr. Antony Theodore
When The Eternal Light Shines In The Soul

Our identity lies in the discovery of the ground of being.

The soul of man, left to its own natural level, is a potentially lucid crystal left in darkness.

It is perfect in its own nature, but it lacks something that it can only receive from outside and above itself.

But when the light shines in it, it becomes in a manner transformed into the light and seems to lose its nature in the splendor of a higher nature.

Dr. Antony Theodore
When The Fictitious Images Of Life Are Shattered

The ascent to knowledge begins when the fictitious images of life and carnal man's abilities are shattered.

The experience of pain in life is a gift of God to alert us to malfunctions of the flesh and the spirit.

The society so constricts man that he never has an opportunity to give in to the creative impulse with which he is born.

Dr. Antony Theodore
When The Intellect And Senses Are Free

When the intellect and senses are freed from the illusions, the seeker is ready to step into the unknown.

God gives grace. Faith and hope are man's response.

Christian mysticism is predicated on the faith expectation of the appearance of the new reality.

Dr. Antony Theodore
When The Intellect And Senses Are Freed From The Illusions

Mystical Contemplation is absolutely beyond the reach of man's activity.

One cannot obtain it by himself.

It is a pure gift of God. God gives it to whom He wills, when He wills, and in the way and degree in which He wills.

When the intellect and senses are freed from the illusions, the person is ready to step into the unknown.

Mysticism is predicated on the faith expectation of the appearance of the new reality.

Dr. Antony Theodore
When The Soul Is Not Yet Wholly Enlightened.

When the Divine light
of contemplation assails
the soul which is not
yet wholly enlightened,
it causes spiritual darkness.

For the soul that is not enlightened
and purged - the natural strength
of the intellect is transcended
and overwhelmed by great
supernatural light.

Dr. Antony Theodore
When Two Consciousnesses Meet

When two consciousnesses
meet merge and melt
into each other
It is ecstasy.

It is deep.
It is significant
and beautiful.

It is divine and human
at the same moment.

Then sexual act declines
and fall into a lower level.

(Graphic: Sacred union.....
Jeanne Arseneault-Rivard
LoVe and LoVers)

Dr. Antony Theodore
When You Cry

When you cry
God looks at you.

He reads your pain of your soul.
When you murmur in prayers
God listens to you.

This is a God of love
whom we adore.

This God has no religion.
God stands beyond all religions.
He is the Almighty one
He is the God of all.

Dr. Antony Theodore
'Where Are My Parents? '

Many young ones
drop out of an
impersonal and
anonymous society.

They sit and ask in
broken families and homes
'Where are my parents? '

No one can live
in the vacuum of loneliness.

We are human beings
in loving togetherness.
(A real person-to-person care is the need of our times).

Dr. Antony Theodore
Where Innocent Hearts Meet

Shining tears of my eyes
are my gifts today for you.
The loving thoughts
And listening ears;
Echoing soul
And caring hands
Are my sweet gifts to you today.

I fly with untiring wings
To the land of songs and butterflies
Where innocent hearts meet to love
And to love alone.

Dr. Antony Theodore
Whispering Awake

Do you know how to whisper awake
the deep fountain of love Within?

Invite the well spring of love.
It is your deepest nature
to flow through life in love.

(This was published by me in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. I published for a long time under this second name. I write to keep her memory alive as long as I live).

graphic:

Dr. Antony Theodore
Who Am I?

Who am I?
What is this thing called I?
What is Self?

Is it not a shame
that you know so much
but you don't know
Who you are?

Observe yourself
Find out who you are?
Who am I?

Dr. Antony Theodore
Who Can Bathe Me In The Milk Oceans Of Love?

If dreams have wings
I would like to sit on the wings and fly beyond
the realms of the earth.

I want to fly beyond the world of shadows
to the world of butterflies and rainbows.

I want to sleep in endless grace
smiling in the joy of a sweet embrace.

Who can save me from the sad memories
and give me new?

Who can bathe me in the milk oceans of love?

Oh how I long to drown in the milky waters of innocent love.

Dr. Antony Theodore
Who Will Quench My Thirst?

This morning brings a new song
from beyond the world of the skies
where the angels and saints live.
This new song reminds me to pray.

The praying white swans I see
The chattering prayers of the sparrows I hear.

With gentle care
I kneel and thank with folded hands
drubbing the dogmas,
lost in my own cogitations
about God and the world beyond.

I walk through the mysterious path of flowers.
I chuckle quietly in stealth
when the angels count my footprints.

Who can build a bridge from earth to heaven?

Deep in my innermost recesses,
my soul is thirsty
to attain the divine.

Who will quench my thirst?

Dr. Antony Theodore
Why Are You So Sorrowful?

Why are you so sorrowful
my dearest sister?
why are you?

Don't you have faith
in the might of the Lord
your loving creator
and the God of the universe?

He looks at you
with loving eyes.
He wants you to become great.

So my beloved sister
have faith in the Lord.
You shall conquer
all your sorrows.

Why are you so sorrowful
my dearest sister?

Dr. Antony Theodore
Why Do I Believe?

I believe because i am not able to believe
when lies and terror have the last words,
when human beings are forced to live without peace,
when everything looks as if worthless.

I believe because i am not able to believe
that the creation is an accident or simple coincidence.

I believe because it is love which keeps me alive.

I believe that there is one who knows the meaning of everything.

It is beautiful that i can believe because of all these.

Dr. Antony Theodore
Why Do The Roses In Me Shed Fragrance?

Come to me, my heart’s solace!

I want to hold your hand tight today.
My heart throbs loud
when I see your face in my mind.

Why do the roses in me shed fragrance
when you fill my thoughts?
Why do they brighten up
when I smile with you?

Utter into my ears
words of love,
true and noble.

I want to smile and sleep
and forget myself
until the new dawn.

Dr. Antony Theodore
Will You Come?

Will You come?

I wait for you in the darkness
sensing the glowing lamp in me.

Will you come? ? ? ?
My heart sighs.

Published on October 05, 2010 in Poetfreak under the name Genovamaaa. Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
With A Sharp Dart Of Longing

A meditation on the universes,  
the millions of stars and planets  
brings us to a cloud of unknowing.  

Step on this cloud resolutely  
and enthusiastically  
with a devout and kindling love.  

Then try to penetrate that  
darkness above you in love.  

Strike hard at that thick cloud  
of unknowing with a sharp  
dart of longing born out of love.  

The knowledge of God  
is an experience of love.  

(NASA honors 25 years of Hubble Telescope with dazzling 3-D video |  
Go on a ride through a breeding ground for stars 20,000 light-years away from  
Earth in NASA's incredible visualization.)  

Dr. Antony Theodore
With The Thin Silk Of Love In Shyness.

Naked i danced in your presence
Oh Almighty God.
I have nothing to hide in your presence.
You created me and know everything in me.

I danced as if nobody was watching me.
But in a sweet moment
I sensed you are peeping from the heavens.

Then I got shy and covered myself
with the thin silk of love in shyness.

(Graphic: From Dancers are the athletes of God)

Dr. Antony Theodore
Won'T You Love Me?

Won’t you love me?
I need a bit of love;
only a bit.
A bit of love
can change my death
into a glorious resurrection.

Dr. Antony Theodore
Words And The Depths.

I feel my words in my drumming fingers
And do not know what they mean.

A future hides in those words
And nurtures what my heart craves for.

My words speak:
I listen with the ear on the page;
They speak of an intimacy
My heart never knew.

Dr. Antony Theodore
Words Are To Communion What The Sky Is To The Stars.

Communication and Communion are fundamentally different.

Communication is logical and practical, a linear form of human intercourse.

But of itself it lacks the power to convey the deepest hopes and yearnings of human existence.

But the words of love expressed normally articulates and communicates deepened level of intimacy and union.

Word of love evokes occasions of communion.

It is a mode of knowing not wholly available to what can be communicated in quantitative, verifiable forms.

Words are to communion what the sky is to the stars.

(Graphic: 21 best Good Morning Jesus images on Pinterest | Black women... Pinterest We worship you.)

Dr. Antony Theodore
Work Hard And Be Determined.

Crying over the past will not help you.  
Worrying about the future also will not help.

Live in the present moment.  
Forget the pains.  
Move forward.  
No time is there to waste.  
Keep going.

Believe everything will turn unto good.  
Future is bright for the one who believes.

Work hard and be determined.  
You are going to win, be sure.

Dr. Antony Theodore
Would You Hear My Cry?

You rich children of the world,
you eat chocolates a mouthful
and throw away when you have your fill.

You rich people of this world,
you drink Alcohol and vomit.
You rich, you throw away meat.
It lands in the waste din.

Here I am, begging for a piece of bread,
a handful of rice and a glass full of water.
The same God who created you
created me too.

God has no hands.
Your hands are God's hands.

Ohhh rich of the world,
would you hear my cry?

Dr. Antony Theodore
Would You Hug Me Innocently?

When the roses wait for the kiss of the dew,
when the first rays of the sun
touch the tiny beaks of the singing bird,
when in my soft smiling lips
and in my shining eyes
you see thousand little stars
hiding in my soul
secretly,
would you hug me innocently
and give me a soft kiss
whose memory will lead me
from this glorious dawn
through to the dusk?

Dr. Antony Theodore
Would You Join Me In My Flight To The Infinite? ❄️

Join me in my flight to the Infinite
where the sky opens, I imagine
and I, in pain and ecstasy
with God-given might in my wings
fly into the world of peace and joy.

There, shall we sit under a blooming tree
and scribble poems
that sing of pure love.

Then would you compose tunes
that touch the soul
and let the angels sing
together with the nightingales
until we fall asleep in the mystic light
on the lap of heavenly beings
and wake up to see light pure and eternal
and smile with the joy of a little baby
at the breast of it’s mother.

Would you join me in my flight to the Infinite? ❄️

(My heart craves for the Infinite. I am not satisfied with anything mundane. Human love lacks peace and joy which I can find only in heavenly abode on the lap of God. It is this insatiable thirst which makes me write poetry. Even in this flight to the eternal I want you to accompany me).

Dr. Antony Theodore
Wound Me

Dance in my darkness
you child of light
and strike with the sword of light
to wound me.

Dr. Antony Theodore
Wrap Me In Your Loving Arms

Wrap me in Your loving arms.
Bless me with Your never-failing love.
Protect me in your warm embrace.

You are there for me I am sure,
No one can be against me!
God, You created me out of joy.

I was the lovely child in Your arms,
playing and smiling, looking at You.

When I feel really low and unworthy,
pour into me Your abundant love.

(Graphic: )

Dr. Antony Theodore
Yearning For My God

I live in longing,
yearning for my God.

Unquenchable is my thirst.

I shall not sleep
until I see Him.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
Yet Not As I Will, But As You Will.

Not my will, but Yours be done.  
The sufferings of this present time 
are not worthy to be compared 
with the glory that is going 
be revealed to the lover of God.

My father, it is too painful 
to drink from this cup 
of terrible sufferings.

Please take it away from me.  
Yet not as I will, but as You will.

I am obedient to you until death.  
My heart, do not vacillate 
about your decision to serve 
the Lord of your soul, your God.

I was fighting against myself.  
All You asked was that I cease 
to want what I willed, 
and begin to want, what You willed.

Yet not as I will, but as You will.

(Graphic: Images Of Jesus Praying In The Garden Of Gethsemane - Free Clipart)

Dr. Antony Theodore
Yet Of God Himself, No Man Can Think.

By grace, we may know
and think of most matters.

Yet of God Himself no man can think.

I want to set aside all that can be
thought and I choose love,
for the very fact that God
can be loved and not reasoned.

By love, God may be sought
and held, but not by thought.

I consider the kindness and worthiness of God.
It is my enlightening part of contemplation.

(Graphic: The Ultimate Reason Why Unbelievers Don't Give Their Lives to Jesus
Not Ashamed of the Gospel
Romans 1: 20)

Dr. Antony Theodore
You Saw Me And Did Not Care.

I was a beggar whose foot was cut off.
I was the woman whom people called a prostitute.
I was the child on the homeless street.
I was the one who fell on your feet
for a bowl full to eat.

You saw me and did not care.

I was in ragged clothes.
I had no shoes and walked in rain.
I was poor and cried on the road.
I was the school girl who had no books.

You saw me and did not care.

I came to you several times
today knocking at your door.
You were too busy to notice me.

I went away sad from your door.

Dr. Antony Theodore
You Alone Know My Soul's Longing.

Till my heart seems to break
I want to love you.

You are my most handsome lover.
You alone know my soul’s longing.

Dr. Antony Theodore
You Are A Beautiful & Unique Expression Of Deep & Pure Love, Born In The Heart Of God.

One who loves God
wants to enter into the heart.

He wants to penetrate
the deepest psychological ground
of one's personality,
the inner sanctuary
where self-awareness
goes beyond analytical
reflection, opening out
into metaphysical confrontation
with the Abyss of the Unknown.

God is intimate to us
than we are to ourselves.

(Graphic: You are a beautiful & unique expression of deep & pure Love, born in the heart of God. Pinterest).

Dr. Antony Theodore
You Are A Saint In The Making.

Find your place in the rising arc.
Life flows upwards from the roots,
Not downward from the branches.
Wake up from the delays,
obstacles and backsliding.
Let go of the past.

Give yourself a second chance.
There is no fall from grace,
only a very long furlough.
Find your place in the rising arc
And keep on moving forward.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
You Are Beyond Definition

( Believe that you are in the process of redefining yourself everyday).

Do not accept any thought
That begins with
'I am this or that'.
You are not this or that.
You are beyond definition.
You are in movement.
You are in the passage.
You engage in the process
of redefining yourself every day.

Help this process
And leap forward.

Published October 08, 2010 Poetfreak under the name Genovamaaa. Genova is my mother and I published earlier in her name.

Dr. Antony Theodore
You Are God In Hiding.

You are God in hiding
You are the cumulated house
that hides the holy one.

Keep the eyes and ears
of the learners and hearers
and point to them the river of love,
on the presence of God
in one's own self.

Teach others to look inside
and see the golden cave
of God's loving presence.

(it is the poet's sublime duty to tell our readers and listeners about the holy presence of God).

Dr. Antony Theodore
You Are Hauntingly Familiar To Me

I want to fly away but cannot. My heart has been captured by 'The One' who is unknown.

Like the lotus opening up its petals at the first rays of the glorious sun i stand before your holy altar.

You are hauntingly familiar to me, yet so distant and far and far away.

Why do you play with me like this? Don't you know my heart longs for you?

Dr. Antony Theodore
God Almighty,
who is beyond all religions,
your mercy is everlasting.

You give us more grace.
We rejoice in the hope
of the glory of God.

Nothing is too difficult for You.
Your love is incomparable.

You are my all sufficient God,
worthy of all praise and honor,
my strong tower, my All in All!

Graphic: REJOICE IN THE LORD - Evangelist Support Network

Dr. Antony Theodore
You Are My Refuge.

You are my refuge,
my only refuge.
Would you send your angel
to preserve me in distress?

My heart listens to your murmurings
even in the depth of the night.

Even when I sleep you are at my side.

During the day I keep my God
ever in my sight, sensing
the fullness of His presence.

You show me the path of life.
I shall not falter and fall.

Dr. Antony Theodore
You Are Pure Love.

In spirit,
you are unbounded
by time and space,
untouched by experience.

In spirit you are pure love.

Identify yourself with
your spiritual nature.
Love is your true nature.

(This was published in Poetfreak under the name of Genovamaaa. Genova was my beloved mother. She died at the young age of 38. I want to keep her name alive as long as I am alive).

Dr. Antony Theodore
You Are The Melody In My Flute.

I swam with you in the ocean.
We swam together
and saw from under the ocean
where the sky falls in love with the horizon.

We both looked, saw and smiled
at their love and union.
The horizon and the sky,
it seems they will never separate.

Shall we swim together always
like fish in the ocean,
shall we fly together
like free birds in the sky?

When I play on my flute
You are the melody in my flute.

May God bless our love.

Dr. Antony Theodore
You Bow To Touch Me.

Joy in me is so full
that you deemed to come to me.

Endless play of delight is in my heart.

I come with the choicest flowers
and embalm you with perfume.

Kissing your holy feet i fall in prostration.

You bow to touch me.

(I published this Poem in Micropoet under the name of my beloved mother Genova Maaa who passed away at a young age. I published for a long time in this second name.

Dr. Antony Theodore
You Could Have Been An Ant

You could have been an ant.  
I could have been an anteater.  
You could have been rain.  
I could have been a lick of salt.  
But we are blessed here and now  
to be human beings, alive in rare ways  
that we often take for granted.

See, I can rise from a depth of awareness  
to express this to you  
and you can listen and  
understand me  
because of our preciousness  
as human beings.

You are one of the rarest forms of life  
to ever walk the earth.  
This realization ushers us  
Into grateful living.

Love what you love now.

Grateful and awake  
ask what you need to know now  
in prayer on your kneels humbly.

Dr. Antony Theodore
You Looked Into My Eyes.

I looked into your eyes.
You looked into my eyes.
You did not speak a word
I did not utter a word.

In our sweet silence
was our union of the soul.

Real love is
when you make love to my soul.

(into my eyes. Tell me things that are real. Make love to my soul...
Whisper..PinterestGenovamaaa's collections).

Dr. Antony Theodore
You Part the Fibres of My Being.

God,
It is you who are painfully
parting the fibres of my being
to penetrate the marrow
of my substance.

In the moments of darkness
help me to know this.

Enlivened by the power of the Spirit,
I keep moving, although the pace is slow,
moving through the dark,
fuelled by hope.

Dr. Antony Theodore
You Possess Your Being Only In God.

There is One who is above us
and Who yet dwells
in the depths of our being.

Where your treasure is,
there your heart is also.

You appreciate that all the values
of your spiritual acts
come from God
and your heart rests
in the source from which
all that is good in you come.

You do not possess
your being in yourself
but only in Him from
Whom it springs.

By faith, I find my own
ture being in God.

Dr. Antony Theodore
You Will Find Love Wrapped in A Manger

Keep me on the throne of your life.
Search for meditatively
with as much love and desire
as the wise men in the night.

My "star" still shines.
I continue to light the way
for anyone who seeks
to love and worship Me.

I still bring hope.
You won't have to look
far in the wilderness to find Me.

You are my heart's delight.
I am coming in search of you
in the day or the night,
at the dusk and at the dawn.

You will find love wrapped
in a manger with the cattle.

You will see the light
of the nations in me.

I came all the way from
heaven in search of you
when you were searching for me.

Here we meet,
in humility,
in poverty,
in a manger.

Come, be humble and not be proud.

You can change the world
if you hold on to me.
I need you to change this.
terrible world full of sins.

I shall always be
the star of your life.

(Graphic:
Cartão com uma história de Natal.
Maria e José com o menino Jesus em Belém — Vetor de biblebox)

Dr. Antony Theodore
Your Leaves Shall Never Fade.

In unfathomable providence
you send your holy angels to guard us.
You hear our supplication as we cry,
‘Defend us by your protection’.

Happy the man who does not linger
in the way of the sinners.
The Teachings of God are sacred.
Joyful is the one, who takes delight
in pondering God’s laws day and night.

The way of the wicked leads to doom.
Like the winnowed chaff in the wind
they shall be driven away.

Plant yourself beside the flowing waters.
Your leaves shall never fade.

Dr. Antony Theodore
Your Life Is Much More Than You Imagine.

Accept the choices others made.  
even if you cannot understand it.

Accept the beliefs, motives  
and actions of others.

Many things stand on your way  
of accomplishment.

Give them first to God.  
Then act in accordance  
With your good motives  
to accomplish and achieve.

Have a family of friends to  
share your hopes, dreams, sorrows.

Your life is much more than you imagine.

Go forward believing in God.  
Forgive in the name of God  
all who offended you and  
tried to destroy you.

Dr. Antony Theodore
Your Songs Become Stars

My dreams are resonant with your melodies
You come to my bed to sing
your choicest melodies.

Your songs become stars
that twinkle in my darkness.

Oh what a joy that you are by me
near my bed when I sleep.

(This was published in Micropoet under the name of my beloved mother Genova Maaa who passed away at the young age of 38. Published for a long time under this second name. I write to keep her memory alive as long as I live).

Dr. Antony Theodore
Your Tear Fell On A Rainbow.

From the azure blue skies
I saw a tear falling down.

It fell on a rainbow.

I flew up to the rainbow
to taste the tear
that fell from your beautiful eyes.

I just remembered
how I lifted you up in my arms
to see the rainbow
in glowing colors.

Then you listened to the songbirds.

You smiled then.
The joy on your lips,
the warmth in your eyes
I shall never forget in my life.

God's garden must be beautiful.
God is grateful to me now
that He has you in His garden.

Dr. Antony Theodore
From:
Mary Skarpathiotaki (Thessaloniki Greece; Female; 50)
To:
Brahmin
Date Time:
12/20/2017 3:51:00 AM (GMT -6:00)
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If You Die Before Me Translation in greek: Mary Skarpathiotaki

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If You Die Before Me - Poem by Dr. Antony Theodore

Dr. Antony Theodore
the translation of the poem 'am your baby mum..
by Mary Skarpathiotaki

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www.PoemHunter.com - The World's Poetry Archive
I Am Your Baby Mum - Poem by Dr. Antony Theodore

Dr. Antony Theodore
I am your baby Mum.
I did not come on my own Mum.
God’s angels flew down to your womb
from the mighty heavens
and placed me in your holy womb.

I did not come on my own mum;
God wanted it so.

I was so happy in my new cave of love,
in your holy womb
and slept there peacefully.
The angles watched.
They prayed
to keep me safe always
till I will be born on the face of the earth.

They practiced heavenly songs of birth
to play on their golden harps on my birthday.

When I was sleeping in your womb
The angels used to come to me.
You did not know it, my dearest Mum.

I was happy to be born
as your beloved child.

I wanted to smile
I wanted to sing
I wanted to play
I wanted to suck your breast milk
Until you were satisfied.
I wanted to see the smile on your face
When I suck all your milk from your loving breasts.

They were my dreams in your womb, Mum.

But on a cruel day
you decided to kill me.

The devils in the Hades
heard about your decision.
They brought the loudest drum,
played in the devilish rhythms.
All the devils came together,
came and danced in circles,
jumping and singing.
They danced in lines.
They danced in circles.
They danced on the toes.
They danced on their heads.
They sang the wildest of songs
and the devil drummers played.
The whole hell was happy
that you decided to kill me.

You know how much I cried?
You know how many angels cried?
Do you know how the whole heaven cried
on my day of death in your holy womb?

A moment before i was cruelly murdered
I saw the All-Powerful God crying helplessly.
#Antony_Theodore
Comments about ?? ?? ?? ??????? ????? ??? (Persian Translation Of 'i Am Your Baby Mum' By Dr. Antony Theodore) by Farzad Jahanban

Dr. Antony Theodore
Poem by Larika Shakyawar

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This is a translation of the poem I Am Your Baby Mum by Dr. Antony Theodore

Dr. Antony Theodore
Translation Of 'I Am Your Baby Mum' By Ankit Raj Goyal

Poem by Ankit Raj Goyal

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This is a translation of the poem I Am Your Baby Mum by Dr. Antony Theodore Ankit Raj Goyal

Topic(s) of this poem: angels, crime, evil, god, heaven, helplessness, innocence, love, mother and child

Dr. Antony Theodore
??? ???? ??? ???? ??? - Poem By Gurleen Kaur Narang

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This is a translation of the poem I Am Your Baby Mum by Dr. Antony Theodore

Dr. Antony Theodore
I Am Your Baby Mum
By Dr Antony Theodore of Germany
Translation by Bharati Nayak of India

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